



# Heads Up Program

*Fostering independence, responsibility and integration into community life*

Heads Up is an adult day health program specially designed for persons with an acquired brain injury. Participants work closely with their peers, most of whom are under the age of 60.

Program components include:

- Physical rehab – occupational therapy through exercise, walking and specialized activities
- Health services – nursing assessment, treatment and medication management
- Cognitive skill building – improve attention, concentration and executive functions
- Psychosocial skills building – mental, emotional, behavioral, social and spiritual
- Vocational review and referral – to clarify career goals and build pre-work skills
- Home and community support – including working with ADLs and helping participants stay in their most independent living arrangement

## **ELIGIBLE CANDIDATES HAVE . . .**

- Acquired brain injury
- Desire to develop skills to enhance meaningful daily life
- Meet DSHS criteria for adult day health care or have other payment resources



Heads Up has locations in King and Snohomish Counties. We help arrange transportation to and from our centers.

## **MAKE A REFERRAL**

**206.528.5315** King County  
**425.355.1313** Snohomish County

[www.fulllifecare.org](http://www.fulllifecare.org)

*Small miracles. Extraordinary lives.*