



What is Hinds' Feet Farm?

Hinds' Feet Farm is dedicated to serving persons living with brain injury.



Our mission is to maximize the post injury potential of persons living with brain injury with integrated, unique, and holistic programs; allowing our members to pursue meaningful activities while developing a sense of belonging at home and in the surrounding communities. We will accomplish this mission with several unique, person-centered, post-rehabilitation, community-based programs.



The Day Program

The Hinds' Feet Farm Day Program is a paradigm shift from the traditional medical model for people living with brain injury, to an interdependent, community model that embraces a holistic health and wellness orientation, empowering members toward occupation and meaning in life.



Created by, and for, persons living with brain injury; members actively participate throughout the entire infrastructure of the program. The program is person-

centered, member empowered, and free-choice. Staff, family caregivers, community volunteers, and student interns are guides for members in opportunities for exploration and self-esteem in their new identity and meaning in life post-injury.



recreational, social and vocational.



Program Hours / Schedule

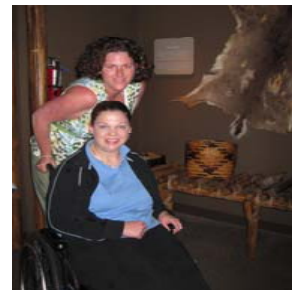
The Day Program operates Monday – Thursday from 9:00am to 2:00pm.

Each structured program day is carefully planned by staff with the input, interest, and creativity of the members. An example of a daily schedule is:

- 9:00am – 10:00am
- 10:00am – 11:00am
- 11:00am – 12:00pm
- 12:00pm – 1:00pm
- 1:00pm – 2:00pm

- Daily Chores
- Community Meeting
- Morning Activity
- Community Lunch
- Afternoon Activity

In addition to these on-site activities ranging from art and crafts to yoga, members and staff frequently plan off-site "community connections" – outings and activities in the greater community.



Member interests drive the flow and schedule of the program, therefore activities change monthly. Please refer to our website for the most up to date calendar of events and program schedule.



Additional Programs

Family / Caregiver Support Group:



While the health and wellness of your loved ones is so important to us at Hinds' Feet Farm, we also want to be a support for the whole family. This group is designed to allow a safe place for you to present your questions, concerns, fears, and frustrations to people who understand. The support group is facilitated by a member of the Hinds' Feet Farm staff and relies on the help and collaboration of families to offer their experience, stories, and wisdom.



 **Referral / Interest Information**

Please complete the following form and
fax it to: (828) 274 – 8120
Attention: Erica Engelsman, Program Director

Survivor's Information:

Name: _____

Age: _____ Sex: Male ___ Female ___

Address: _____

City: _____ County: _____

State: _____ Zip: _____

Phone (day): _____

Email: _____

How did the injury occur? _____

When did the injury occur? _____

Your Contact Info:

(please circle one)

Parent / Spouse / Guardian / Other

Name: _____

Phone (day): _____

Email: _____

How did you hear about Hinds' Feet Farm?

 **Want To Know More?**

If you would like to know more, please contact:

Erica Engelsman
Day Program Director—Asheville
eengelsman@hindsfeetfarm.org

Office (828) 274-0570
Fax: (828) 274-8120
Huntersville Office: (704) 992-1424

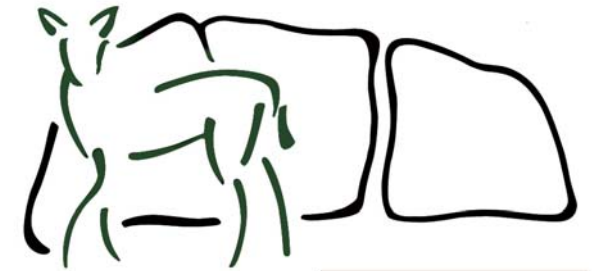
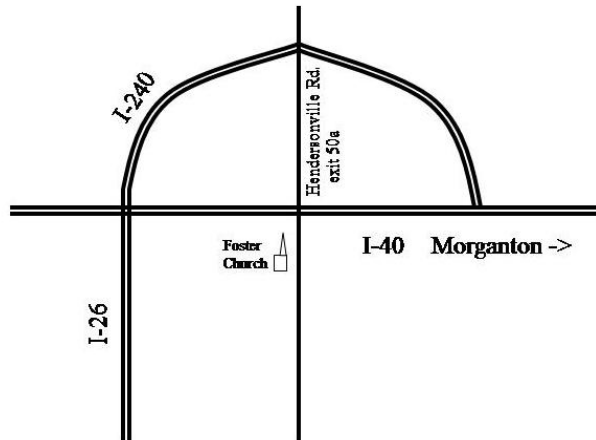
Or on the web at: www.HindsFeetFarm.org

 **Day Program Location**

Hinds' Feet Farm / Asheville is graciously hosted by the congregation of the Foster 7th Day Adventist Church located at 375 Hendersonville Rd. in Asheville.

Directions

On I-40 in Asheville:
Take Exit 50A / Hendersonville Rd.
Foster Church is on the hill immediately on the right.



HINDS' FEET FARM

... a place to grow ...

Day Program

• Asheville •

Unique and innovative programs for persons living with traumatic and acquired brain injuries and their families



Hosted by:
Foster Seventh-Day Adventist Church
Asheville, NC

