

# Adult Day Services

## *An Untapped Resource*

When a mom, dad, aunt, uncle or other loved one cannot meet their own needs independently, family resources are called upon. The strongest families and the most committed often do not realize that their energies can be depleted by the care and attention a loved one in crisis needs.

Adult Day Care Centers offer elderly and disabled populations a social environment where they can also receive care. Centers serve people with chronic disabling conditions such as Alzheimer's disease, dementia, COPD, Parkinson's disease, social isolation, Diabetes, Hypertension, Congestive heart failure and other medical conditions that require care. Compassionate care gives family members and caregivers peace of mind and time to tend to work and personal business.

### Adult Day Care Center Services

<i>Counseling</i>	<i>Physician Liaison</i>
<i>Caregiver Support</i>	<i>Recreation</i>
<i>Education</i>	<i>Respite care</i>
<i>Exercise</i>	<i>Socialization</i>
<i>Meals</i>	<i>Supervision</i>
<i>Nutrition Counseling</i>	<i>Transportation</i>
<i>Physical, occupational and speech therapy</i>	<i>Medication Management</i>

Adult day care participants often can delay or prevent institutionalization and benefit from the enhanced self-esteem that comes through peer engagement. Two types of Centers are available. Social Day Care Centers primarily provide supervision and socialization. Health Day Care Centers offer supervision, socialization and health related services.



**The Orange County Adult Day Services Coalition** is a nonprofit collaborative of licensed adult day care providers in Orange County. Our mission is to ensure quality care for frail elders, disabled adults, and caregivers. Members are committed to the highest standards of care.

Call us today at  
**1-800-510-2020** or visit  
[www.ocadultdayservices.org](http://www.ocadultdayservices.org)



# Frequently Asked Questions

## What is an Adult Day Service Center?

Adult Day Service Centers are community programs that provide daytime care for frail elders and disabled adults who need supervision, structured activities, or health care monitoring.

## What Kind of Services Are Available?

There are two types of adult day care centers. Social Day Care Centers provide supervised social activity. A typical day might include current events, music, art, physical exercise, lunch, snacks, a field trip or special holiday program. Caregiver support is also provided.

Health Care Centers serve those who have complex medical, physical and cognitive conditions that require nursing care and medical oversight. Health Care Centers provide health care, personal care and occupational, physical and speech therapy as directed by the participant's personal physician.

## Are Centers Licensed?

Health Care Centers are licensed by the Department of Public Health and MediCal certified by the Department of Aging. Social Day Care Centers are licensed by the State Department of Social Services

## When Are Services Available?

Most Centers provide care 8:00 a.m. to 5:00 p.m., Monday – Friday. Please inquire with the Center you are interested in to verify.

## How Much Do These Services Cost?

Costs vary based on several factors including which type of care is selected. Often insurance, government programs such as MediCal, or Veterans Administration may cover the cost of some care. Centers work with families so that no one is turned away because of financial considerations.

## Is Transportation Available?

Most Health Day Care Centers and Social Day Care Centers work with families to coordinate transportation.

Please visit our Web site at [www.ocadultdayservices.org](http://www.ocadultdayservices.org), where you will find more information about day care, caregiver tips, and other resources.



## Coalition Members

Acacia Adult Day Services Center  
Garden Grove  
[www.Acacia-services.org](http://www.Acacia-services.org)

AltaMed Cypress Adult Day  
Healthcare Center (ADHC)  
[www.altamed.org](http://www.altamed.org)

Alzheimer's Family Services Center  
Huntington Beach  
[www.AFSCenter.org](http://www.AFSCenter.org)

Commonwealth Adult Day Health  
Care Center  
Buena Park  
[www.commonwealthadhc.com](http://www.commonwealthadhc.com)

Community SeniorServ, Inc. (CSS)  
Adult Day Health Care Centers  
[www.communityseniorserv.com](http://www.communityseniorserv.com)  
CSS – Anaheim  
CSS – Santa Ana/Tustin  
CSS – Buena Park Senior  
Day Care Center

Easter Seals Senior Adult Day Services  
Brea  
[www.southernca.easterseals.com](http://www.southernca.easterseals.com)

Irvine Adult Day Health Services, Inc.  
Irvine  
[www.irvineadhs.org](http://www.irvineadhs.org)

Mount of Olives Senior Day Care Center  
Mission Viejo  
[www.adcc.moochurch.org](http://www.adcc.moochurch.org)

Rehabilitation Institute of  
Southern California (RIO)  
Adult Day Health Care Centers  
[www.rio-rehab.com](http://www.rio-rehab.com)

RIO – Fullerton  
RIO – Orange  
Leo Fessenden Adult Day Health  
Care Center – San Clemente

South County Adult Day Services  
Laguna Woods  
[www.AgeWellSeniorsServices.org](http://www.AgeWellSeniorsServices.org)

Sultan Adult Day Health Care  
Anaheim  
[www.sultanadhc.com](http://www.sultanadhc.com)

Wise Silver Center  
Santa Ana  
[www.wisesilvercenter.org](http://www.wisesilvercenter.org)