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 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

Adult Day Care Center Services

<table>
<thead>
<tr>
<th>Counseling</th>
<th>Physician Liaison</th>
</tr>
</thead>
<tbody>
<tr>
<td>Caregiver Support</td>
<td>Recreation</td>
</tr>
<tr>
<td>Education</td>
<td>Respite care</td>
</tr>
<tr>
<td>Exercise</td>
<td>Socialization</td>
</tr>
<tr>
<td>Meals</td>
<td>Supervision</td>
</tr>
<tr>
<td>Nutrition Counseling</td>
<td>Transportation</td>
</tr>
<tr>
<td>Physical, occupational and speech therapy</td>
<td>Medication Management</td>
</tr>
</tbody>
</table>
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, where you will find more information about day care, caregiver tips, and other resources.