

## Adult Day Care

Adult Day Care Centers provide an out-of-the home place where care and companionship can be provided for seniors or those with disabilities can receive assistance or supervision during the day. In addition to programs designed for the unique needs of these segments, it offers relief to caregivers and allows them to go to work, handle personal business or take a break (respite). Adult Day Care can be appropriate depending on the needs of the caregiver as well as the recipient. A key benefit is to delay or prevent institutionalization by providing alternative care which supplements home and community based living. In situations where community living is supportable, the care recipient can have higher satisfaction levels at half the cost of full time institutional care.

There are two basic types of adult day care: social day care and health-oriented day care. Examples of social care include activities, meals, recreation and some health-related services. Health-oriented care offers more intensive health, therapeutic and social services for individuals with severe medical problems and those at risk of requiring nursing home care, typically with more specialized personnel requirements.

Day Care programs are typically on a scheduled basis and the services offerings can include:

- Social aspects
  - Counseling, Supervision
  - Education
  - Evening care
  - Exercise
  - Socialization, recreation, activities, games
  - Meals, snacks
  - Transportation
- Health/Medical Oriented Care
  - Health screening
  - Medical care, in specific degrees
  - Physical Therapy
  - Medication Management

Obviously the list is not exhaustive and items can be medical and social, especially when specific populations are served including Behavioral and Cognitive Health programs and programs for specific medical conditions.

Your Aging and Disability Resource Center (ADRC) or Area Aging on Aging (AAA) or agencies which support specific disability populations can be a big help in getting you started.

Tags: Adult Day Care, Respite, activities