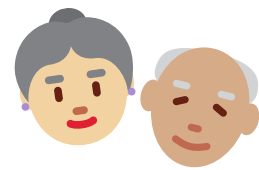








ADULT DAY CARE



Adult day care is a program that provides social, health, and personal care services to older adults who need supervised care during the day. Sometimes these programs are simply called Adult Day Programs or Centers. Adult day care is an alternative to home care. The goal is to enable continued community-based living for individuals with physical and cognitive limitations, and to provide respite for their caregivers.

SERVICES

- Personal care like bathing, dressing or eating 
- Nursing services like injections, IVs, medication and pain management 
- Social services like pet therapy, art and music programs, exercise 

- Ancillary services like podiatry, dental check-ups 
- Nutritional meals, snacks and therapeutic diets
- Therapeutic services like physical, occupational or speech therapy
- Emergency care 

5,000+
ADULT DAY CENTERS
IN THE U.S.

\$25-\$75
AVERAGE COST
PER DAY





DAY TIME HOURS



4-12 HOURS PER DAY



WHEN TO CONSIDER

- They can no longer structure their own daily activities
- They find it difficult to initiate and focus on an activity, e.g. reading, conversation, watching television 
- They feel isolated and lonely or desire peer interaction 
- They cannot be safely left alone
- They are anxious or depressed and need social and emotional support 
- The caregiver needs some respite 

3

LEVELS OF SERVICE :

- Social - meals, activities, recreation & some health-related services
- Medical/Health - intensive health and therapeutic services on site
- Specialized - for those with dementia or developmental disabilities