

What is Adult Day Care?

By Tim Dupic



“My husband has Parkinson’s disease and dementia. Thanks to adult day care, he remains stimulated mentally and socially.”

An Adult Day Care Program (ADCP) provides professional healthcare and recreation related services in a secure, courteous and caring environment for primarily senior adults, including caregiver respite and support.

While some seniors will resist leaving their homes during the day, going to an ADCP facility is an important first step in combating feelings of isolation and depression. Research shows that elderly who are socially active are healthier, more mentally alert and much happier.

At an ADCP, the day is filled with social and physical activities and a nutritious dining experience, all in

a safe, friendly and home-like environment. A custom program is designed for each participant that brings together health, social and other supportive services.

Each individual’s programming is designed to meet his or her needs and goals, such as the need for additional supervision, medication or physical assistance.

ADCP’s amenities and services include: a private outdoor patio, an arts and crafts room, a men’s club, catered meals in nice dining rooms, a social gathering area, technology centers, intergenerational programs and more.

Services also include health monitoring and assistance with the activities of daily living, which include bathing, toileting, transferring, eating and mobility.

Optional services available at most ADCP’s include: supervised

bathing and showering services, beauty salon and barbershop services, manicures, pedicures, massage therapy, podiatry services and much more.

Trained staff are always there to assist your family member in ambulating and moving through all of the activities throughout the day. Physical and mentally stimulating activities are provided for specific physical challenges so that no one ever feels left out. Yes, seniors that are wheelchair bound are very welcome.

More intensive assistance with personal care, eating, and bathing are provided by professional staff. ADCPs have a walk-in shower and/or whirlpool tub to assist with bathing. Adult Day Care Programs strive to meet the needs of participants who need chronic care management. Observation, health monitoring, therapeutic diets, personal care, medication administration and assistance with ambulation are many of the ways they strive for the highest quality of care.

Adult Day Care Programs provides emotional support and social stimulation at a level designed to adapt to the needs of your family member. Thus, individual, small group activities, and special interest groups help your family members develop friendships and rediscover their interests at a pace that is comfortable for them.

Meals are the perfect time for friends to socialize and celebrate, sharing memories and exchanging jokes. Beautiful dining rooms and delicious food help turn each meal into a special event.

Adult Day Care Programs provide a breakfast, a delicious catered lunch, and an afternoon snack that is all included in the daily rate.

Special diets are easily accommodated and assistance at meal time is always available. While your loved one enjoys their day, our staff provide the care and monitoring they need on a regular basis.

Some Adult Day Care Programs offer a very special brain fitness program that has undergone extensive research and testing. It's the only brain fitness program that has been proven to improve your memory and sharpen your thinking. For those who suffer with the normal impact of aging on their mental fitness, the program has been shown to improve mental agility by as much as ten years.

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