

Do You Know a Senior Who Is Not Getting the Care They Need?

Call us at (510) 883-0874 or visit www.adult-day-services.org for information or a referral.

An adult day program could be the answer! Adult day programs are a safe, dignified place for frail seniors to spend the day, and can include transportation, activities and outings, creative arts, medication reminders, mild exercise, word and memory games, hot lunch, and the chance to get out and meet other people. Most importantly, adult day programs help people to remain living in their own home, preventing early or even inappropriate placement in a nursing home.

Service Options

Adult day programs vary in the amount of medical services they provide. Some programs also specialize in caring for people living with dementia.

Levels of Care	Adult Day Care	Adult Day Health Care	Program of All-Inclusive Care
Personal Care	☑	☑	☑
Therapeutic Activities	☑	☑	☑
Hot Lunch & Snacks	☑	☑	☑
Help with Transportation	☑	☑	☑
Medication Management	☑	☑	☑
Physical Therapy		☑	☑
Speech Therapy		☑	☑
Social Worker		☑	☑
Nurse		☑	☑
Medical Care Onsite			☑
24-hour Emergency Coverage			☑

Adult day programs are much less expensive than in-home care or nursing homes, for both the senior and the tax-paying public. In addition, many non-profit programs offer scholarships or subsidies in order to serve as many families as possible.

Typical Cost to the Participant

	Adult Day Care	Adult Day Health Care	Program of All-Inclusive Care
Private Pay Clients	About \$30 per day	About \$75 per day	About \$105 per day*
Recipients of Medi-Cal (only)	n/a	\$0	**
Recipients of Medi-Cal AND Medicare	n/a	\$0	**

* Comprehensive long-term care including day program, medical, dental, vision, rehabilitation and more.

** Fee is equivalent to the individual's Share of Cost for Medi-Cal, which may be \$0.