

The Different Types of Adult Day Programs

All programs provide protection from falls and accidents, assistance with transportation to and from the center, medication reminders, a hot lunch, and a wide variety of activities. Most importantly, all day care programs, regardless of type, help people to remain living at home, actively preventing premature and inappropriate placement in nursing homes.

Compared to in-home care, adult day programs are usually less expensive, more reliable, and more effective at alleviating isolation, encouraging appropriate exercise and offering adequate intellectual challenges to maintain participants' mental as well as physical health. Getting started is the hardest part, so let us help you with that. You (or your client) are welcome to call us, at (510) 883-0874 for a free personalized referral or assistance encouraging someone to try an adult day program.

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			✓

Typical Cost to the Participant

	Adult Day Care	Adult Day Health Care	Program of All-Inclusive Care
Private Pay Clients	\$30 per day and up*	\$65 per day and up*	n/a
Recipients of Medi-Cal (only)	n/a	\$0	n/a
Recipients of Medi-Cal AND Medicare	n/a	n/a	\$0 - \$20 per month

* All of the 16 programs in Alameda County operate as non-profit organizations, offering scholarships and subsidies to lower income participants wherever possible. All rates are subject to change.

** Rates vary depending on whether participant is or is not responsible for Medicare's Share of Cost Part B.