

The Value of Adult Day Services

Proven benefits for participants

- Adult Day Service programs provide essential health monitoring and medical services. Due to professional training and on-going contact with participants, staff often identify health and compliance problems *before* they become a crisis. In one study, emergency room activity decreased by 56%, total hospitalizations decreased by 75%, falls decreased by 72%, and mental status was improved or maintained in 69% of participants after six months attendance at an adult day health program.
- The overwhelming majority of frail elders prefer to live in their own home or the home of a family member. Adult day programs help make this possible for many. Door-to-door transportation to and from the program is provided or arranged for you. Those living alone find relief from isolation and depression in a supportive environment that includes a shared noon meal. Still others are able to live with family members *because* attendance at a program allows the primary caregiver(s) to continue to work, to meet other responsibilities, and to avoid “caregiver burnout.”

Affordable care for the whole family

- In the U.S. today, 80% of caregiving for the elderly and disabled is done by family members. Adult day programs provide desperately needed respite for family members, which helps to keep caregivers out of hospitals and institutions. Programs also serve an educational function, sponsoring support groups, workshops and talks on self-care and caregiving skills.
- The financial burden of long-term care is another major challenge, and stressor, for many families. Adult day services offer care at a fraction of the cost of home care, nursing homes, or assisted living alternatives. Adult day programs with a health care component are covered in full by Medi-Cal, or a combination of Medi-Cal and Medicare. Private pay rates start at \$30/day for adult day care and \$60/day for adult day health care. Subsidy programs can further reduce out-of-pocket costs at both types of programs.

ADULT DAY CARE

Bay Area Community Services

1 5714 Martin Luther King, Oakland
(510) 601-1074

Bay Area Community Services

2 39600 Sundale Drive, Fremont
(510) 656-7742

Boston House

3 17482 Boston Road, Hayward
(510) 276-1018

The Friendship Center

4 543 Sonoma Avenue, Livermore
(925) 373-5765

Community Adult Day Care Center At St. Peter's

5 290 Broadmoor Blvd, San Leandro
(510) 562-4037

ADULT DAY HEALTH CARE

Alzheimer's Services of the East Bay

6 2320 Channing Way, Berkeley
(510) 644-8292

Alzheimer's Services of the East Bay

7 561 "A" Street, Hayward, CA
(510) 888-1411

Bay Area Community Services - Fremont

2 39600 Sundale Drive, Fremont
(510) 656-7742

Berkeley Adult Day Health Center

8 1890 Alcatraz Ave, Berkeley
(510) 601-0167

Hong Fook Adult Day Health Care

9 275 14th Street, Oakland
(510) 839-9673

Hong Fook Harrison Street

10 1388 Harrison Street, Oakland
(510) 302-0460 x342



Summit Adult Day Health Care and Alzheimer's and Dementia Program

11 3012 Summit Street, Oakland
Adult Day Health Program (510) 869-8911
Alzheimer's Program: (510) 869-8944

PROGRAM OF ALL-INCLUSIVE CARE

Center for Elders Independence

12 1955 San Pablo Avenue, Oakland
(510) 433-1150

Center for Elders Independence

13 1497 Alcatraz Drive, Berkeley
(510) 433-1150

Center for Elders Independence

14 Eastmont Town Center
7200 Bancroft Avenue, Oakland
(510) 433-1150

On Lok Senior Health

15 159 Washington Blvd., Fremont
(510) 870-6262

SOCIAL DAY PROGRAMS

Claremont Center

16 2727 College Avenue, Oakland
(510) 531-7739