

Attending an adult day program is the smart way to:

Live at home

- **Prevent premature placement in a nursing home**
- **Receive professional care** at a fraction of the cost of in-home care
- **Choose a schedule that works for you**, attending 1 to 5 days a week
- **Enjoy a change of perspective** for the morning and early afternoon, then return home in time for dinner
- **Door-to-door transportation** makes it easy to get there and get home again

... in good health

- **Decrease your chances of falling**, going to the Emergency Room and even getting admitted to the hospital
- **Protect your physical health** with health monitoring, mild exercise, and physical therapy, speech therapy, occupational therapy, & nursing care
- **Improve your mental health** by staying active, meeting new people, playing memory & word games and holding depression at bay
- **Leave staff in charge of your medications**

... and enjoy yourself

- **Stay active and involved** with all kinds of group and individual activities
- **Eat lunch with friends** - a hot, nutritious meal prepared for you
- **Relax knowing there is always someone available for help**