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## ADULT DAY CARE/ADULT DAY HEALTH

Adult Day Care and Adult Day Health services are provided in a community group setting during the day for adults with cognitive and/or physical impairments offering supervision, assistance with Activities of Daily Living (ADLs), opportunities for socialization and stimulation and physical, mental and emotional enrichment based on each participant's individual needs. Adult Day Care/Health services enable aging and/or persons with disabilities whose impairments prohibit them from living independently without supportive services during the day, to continue residing in the community rather than in an institution, and support primary caregivers of persons in need of these services by providing respite and/or the ability to work outside of the caregiver role to financially support him/herself and potentially the person for whom they are primary caregiver. Adult Day Health services also provide professional nursing services including monitoring of a medical condition, administration of medication, special feedings and provision of other treatment or services related to health care needs.

There are two types of Adult Day Services: Adult Day Care and Adult Health Care. Adult Day Care provides social activities, meals, recreation and some health-related services. Adult Day Health care offers more intensive health, therapeutic and social services for individuals with chronic diseases and those at risk of requiring nursing home care.

### Local Resources:

- 1.) **The Life Center of Davidson County**  
(Adult Day Care/Adult Day Health)  
(336) 249-2155  
601 West Center Street  
Lexington, NC 27292
- 2.) **Carolina SeniorCare PACE Center**  
(Adult Day Health)  
(336) 746-3500  
802 E Center Street  
Lexington, NC 27292

### Questions to ask the staff when visiting a center:

- 1) Can the center provide you with any written documentation such as brochures, calendars, and menus?
- 2) Does the center have a license, certification and/or accreditation?
- 3) What are the hours of operation?
- 4) Are transportation services offered?
- 5) What is the cost?
- 6) Hourly or daily charge; any other charges?
- 7) What type of payment is accepted?
- 8) Is financial assistance available?
- 9) Is specialized care provided for conditions such as memory loss?
- 10) What is the staff to participant ratio?
- 11) What kind of training does staff receive?
- 12) Do participants have access to services such as physical or occupational therapy?
- 13) What type of activities are provided?
- 14) Are meals and/or snacks provided?

### Questions to ask yourself after visiting a center:

- 1) Did you feel welcome?
- 2) Were the center services and activities properly explained?
- 3) Were you given information regarding staffing, programming, and costs?
- 4) Is the center clean, pleasant and free of odor?
- 5) Is the building and site wheelchair accessible?
- 6) Is the furniture sturdy and comfortable?
- 7) Are there loungers and chairs with arms for relaxation if appropriate?
- 8) Is there a quiet place in the center?
- 9) Did the staff and participants seem cheerful and comfortable?

<b>PACE Program of All-Inclusive Care for the Elderly</b>	<b>The Life Center of Davidson County</b>
<ul style="list-style-type: none"> <li>• Alternative to Nursing Home Care</li> <li>• Primary Medical Care provided on-site</li> <li>• Prescription drugs/durable medical equipment/laboratory services included</li> <li>• Transportation Services</li> <li>• Social/Nursing/Preventative Services</li> <li>• Specialist Care : Vision/Dental/Audiology/ Podiatry/Cardiology/Nephrology</li> <li>• Physical/Occupational/Speech and Recreational Therapy</li> <li>• Socialization and Meals</li> <li>• Home Health and In Home Care</li> <li>• Hospital In-Patient and Emergency Care</li> <li>• Access to care 24 hours a day</li> </ul>	<ul style="list-style-type: none"> <li>• Adult Day Care and Adult Day Health</li> <li>• You keep your own primary care physician</li> <li>• Dispensing of Medications</li> <li>• Transportation</li> <li>• Social/Nursing/Preventative Services</li> <li>• Bathing/Exercise activities including Nintendo Wii console exercise</li> <li>• Physical/Occupational/Recreational Therapy</li> <li>• Full breakfast/lunch/afternoon snack provided</li> <li>• Respite for Caregivers</li> <li>• Crafts/Games/Gardening/Singing/Music/Fellowship/ Social Activities/Book-Mobile</li> <li>• Caregiver Support Resources</li> </ul>
<b>Eligibility</b>	
<ul style="list-style-type: none"> <li>• 55 years of age and older</li> <li>• Deemed eligible for Nursing Facility Care</li> </ul>	<ul style="list-style-type: none"> <li>• 18 years of age and older</li> <li>• Have a need for Day Care/Health Services</li> </ul>
<b>How Do We Pay For Services?</b>	
<ul style="list-style-type: none"> <li>• Medicare</li> <li>• Medicaid</li> <li>• Private Funds</li> <li>• Some long-term care insurance policies may cover the cost of the program</li> </ul>	<ul style="list-style-type: none"> <li>• Federal &amp; state grants/Veteran's Affairs</li> <li>• Scholarships from community</li> <li>• Donations/United Way funded</li> <li>• Private funds</li> <li>• Does not require Medicaid / Medicare to qualify</li> <li>• Some long-term care insurance policies may cover the cost of the service</li> </ul>
<b>Contact Information</b>	
<p style="text-align: center;">           Carolina SeniorCare            802 East Center Street            Lexington, NC 27292  <b>(336) 746-3500</b>  <a href="http://www.carolinaseniorcare.org">www.carolinaseniorcare.org</a> </p>	<p style="text-align: center;">           The Life Center of Davidson County            601 West Center Street            Lexington, NC 27292  <b>(336) 249-2155</b>  <a href="http://www.lifecenterdavidson.com">www.lifecenterdavidson.com</a> </p>

For more information contact our Resource and Benefits Specialist at (336) 242-2290.

\*Davidson County Senior Services does not make recommendations for the resources listed. This list is for information purposes only; please do not limit yourself to what is provided within this document.