



Frequently Asked Questions

What is Adult Day Care?

Adult Day Care provides a safe, supportive environment for individuals who generally cannot be safely left at home alone during the day. Adult Day Care services delay or prevent institutionalization by providing alternative care and enabling adults to remain in their home and communities. It is a great option for functionally impaired adults who may benefit from socialization, support services, recreation and meals in a supervised social setting. This service also provides respite for caregivers so that they can continue to work, manage a household and have that much needed time for themselves. It is a win-win situation for both the participant and caregiver.

Who is eligible for Adult Day Care?

Anyone at least 18 years of age and is in need of supportive services can benefit from adult day care. Participants are diverse including:

- individuals with a disability of any kind such as cerebral palsy or Down Syndrome
- accident victims
- the elderly
- Alzheimer's or other dementia patients
- adults who are socially isolated

**Adult Life Programs is an equal opportunity provider and employer and does not discriminate on the basis of race, color, national origin, sex, age, disability, sexual orientation or gender identity.*

What are the program hours?

Adult Life Programs' three centers operate Monday through Friday from 6:30 a.m. to 5:30 p.m. Participants may attend one to five days a week.

What services are provided?

- Transportation within a 10 mile radius of the center
- Breakfast, lunch and an afternoon snack (special diets, no problem)
- Individual and group activities including: community outings, educational opportunities, activities of daily living to maintain or enhance present skills, exercise, music, crafts, etc.
- Additional specialized service, such as caregiver education and support

How is your staff trained?

All Adult Life Programs' staff are CPR and First Aid Certified. In addition, they receive annual training on blood borne pathogens, medication administration, confidentiality and HIPAA privacy laws (read our privacy policy). Staff also receives specific training on topics such as: patient transfers, fire safety, cultural diversity, defensive driving, client rights and trainings on specific disabilities such as Alzheimer's disease or mental health issues.

Most importantly, our staff has learned the elements of care and understanding for participants that cannot be taught but is evident due to their compassion and dedication.

Can I visit one of your centers?

YES! We welcome anyone for a visit and tour of the facilities. Participants can take advantage of a Free Trial Visit to see if they like the service. For more information, please contact our Social Worker at 828-326-9120.