



S.O.S.

SENIOR OUTREACH SERVICES

HIGH QUALITY DAY CARE

S.O.S. is devoted to honoring the wishes of our clients. For many individuals who want to stay in their own home but for whom being alone all day is too risky, Adult Day Care can be the ideal way to have “the best of both worlds.” Adult Day Care is a terrific fit for individuals who would benefit from a well-staffed and welcoming environment, or, from the stimulation of greater social interaction and structured activities. Services include: recreational activities, meals and snacks, transportation, medical oversight, and rehabilitative therapy. Adult Day Care allows clients to be at home longer and provides much-needed respite to avoid caregiver burnout. These outstanding programs can be categorized into three different levels of support: Adult Day Health Care, Adult Day Support Center and Alzheimer’s Day Care Resource Center (ADCRC).

Adult Day Support Center

This program has a primarily recreational focus, with breakfast, lunch and snacks provided. Activities include: live entertainment, light exercising, field trips, and discussions of current events. Transportation to and from the center is arranged by the center. This program is licensed by Community Care Licensing. The Support Center is open 5-7 hours daily. Clients are given the flexibility to attend from one to five days weekly in accordance with their preference. The daily rate varies from center to center, depending on location, (\$35 to \$70 a day) and is based on client income. Some centers receive public funding which helps subsidize the cost of care for low-income participants. Scholarships are available. Day Care is offered in multiple settings and by a variety of providers. It may be a good idea to visit a number of centers in order to see which one is the most appropriate for your needs.

Adult Day Health Care

Adult Day Health Care, usually referred to as ADHC, is geared towards the physically and mentally challenged population. This program is licensed through the Dept. of Health Services and the Dept. of Aging in California. Services are free for clients that have Medi-Cal. Eligibility and the number of days of attendance are determined by Medi-Cal, via a Care Plan submitted by ADHC staff. Services include: transportation to the center, nursing care, physical therapy, occupational therapy, social work services, speech therapy, recreational activities and nutritional counseling. For private pay, the rate is approximately \$75 a day, depending on what the Medi-Cal daily rate of reimbursement is at the time of enrollment. Certain Long Term Care policies cover the cost of attendance. Again, Centers are offered in a wide range of settings and by several organizations, so it is wise to make an appointment and visit in order to make an appropriate choice.

Alzheimer’s Day Care Resource Center

This program, which is referred to as ADCRC, is geared towards the needs of people with dementia or Alzheimer’s disease. Services include breakfast, lunch, and snacks and provide recreational activities with programming specifically designed to address memory loss. The staff ratio is higher than at other day care settings to ensure the safety of participants. Transportation is included. The center charges a daily fee and the program is open five days a week. This program is also government subsidized through the County of Los Angeles Area Agency on Aging and scholarships are available. ADCRC’s can be found in a multitude of settings such as Senior Centers or can be incorporated into Adult Day Health Care settings.

Your S.O.S. Care Manager can help you learn more about centers in your area, arrange a visit, and decide which program is best for you. For more information about Adult Day Care and Adult Day Health Care, please visit the U.S. Administration on Aging’s Eldercare Locator at www.eldercare.gov.

This information is brought to you by Jewish Family Service of Los Angeles, the community’s leading agency in providing care for the elderly. To learn more call: **(323) 932-0316** or **visit www.jfsla.org/sos**.