



Institute on Aging

Helping Bay Area Seniors Live Independently

Adult Day Health Center Services

Transportation

- Door-to-door service
- Wheelchair-equipped vans
- Hands-on assistance from trained drivers

Recreation Services*

- Structured activities to accommodate a variety of abilities
- Diversity of programming designed to stimulate mind and body
- Birthday, holiday, and other special celebrations

Nursing Services*

- Monitoring of vital signs
- Glucose management and tracking
- Administering and monitoring of medications
- Therapeutic nursing treatments as needed
- Coordinating of services/advocacy with physician and family
- Emergency triage

Social Work Services*

- Coordination of social services
- Information and referral
- Supportive counseling (one-on-one and in groups)
- Caregiver support (one-on-one and in groups)

Occupational Therapy*

- Retraining with daily living skills
- Evaluation and ordering of adaptive devices and durable medical equipment
- Home safety consultation as needed

Physical Therapy*

- Daily maintenance exercise (one-on-one and in groups)
- Improvement or continuance of maximum mobility
- Safety awareness training

Speech Therapy*

- Maintenance or improvement of functional communication skills
- Strategies to improve memory and/or word retrieval

Personal Care

- Assistance with toileting, grooming, hygiene, and feeding (as needed)

Food Services

- Hot lunch prepared by specialized catering company
- Registered Dietician available to consult with families/participants regarding dietary issues and education
- Special diets accommodated: diabetic, chopped, pureed, thickened liquids, low salt, low calorie

*These disciplines provide ongoing reassessment and an individualized plan of care for each participant