

**ALZHEIMER’S DAY HEALTH CARE & RESOURCE CENTERS**

 **(ADCRC)**

4/1/21

***Please note, we are not a drop-in facility and the full enrollment process is required to attend. If you’d like more information beyond what is on this page,*** [***please send us a message***](https://choiceinaging.org/contact-us) ***to schedule a tour of either of our facilities.***

The Alzheimer’s Day Health Care & Resource Centers are available at two locations; Mt. Diablo Center in Pleasant Hill and the Bedford Center in Antioch. Our award-winning Alzheimer’s Day Care and Resource Centers (ADCRC) are geared to those with mid to late-stage Alzheimer’s disease and dementia. Our professional staff is trained to address the unique needs of the individual, while providing much needed respite and support for their caregivers.

A customized care plan is designed for each participant to maximize their success in the program. The program features a variety of appropriate psycho-social, cognitive and recreational activities, while maintaining dignity and encouraging laughter and independence.

**FEATURES AND BENEFITS OF ALZHEIMER’S DAY PROGRAM:**

* Care plans based on individual needs
* Respite for caregivers
* In depth case management by nurses, social workers, physical, speech and occupational therapists and psychological services as needed
* Exercise, games, live entertainment, music, art and horticulture therapy
* Social interaction, holiday and themed event celebrations
* A nutritional lunch and transportation
* A safe, supportive and nurturing environment where dignity is a top priority

**SUPPORT FOR CAREGIVERS**

In partnership with the Alzheimer’s Association, we offer two support groups, one at Mt. Diablo Center on the third Wednesday of each month from 4:30pm-6:00pm and another at the Bedford Center. Schedules vary at this time due to COVID-19, for more information, [please send us a message here](https://choiceinaging.org/contact-us). A different topic is addressed at every session and covers the variety of issues and challenges facing caregivers.

Additionally, this model provides community education, caregiver retreats and caregiver training. These activities are regularly posted to our web calendar.

**PROGRAM ELIGIBILITY AND COST**

All participants must be 18 years of age or older. Private pay, Medi-Cal Managed Care, Regional Center of the East Bay, and VA insurance are accepted for those who qualify. Some long-term care and insurance policies will cover the cost, and other payment options may be available.

A medical history and physical are required for admission. A home visit is provided by our social worker for needs assessment and to explain the admissions process at no cost.

**PROGRAM HOURS**

Monday-Friday
9:30am-3:00pm

[Sample Mt. Diablo Activity Calendar](https://choiceinaging.org/wp-content/uploads/2019/06/Sample-ALZ-Calendar.jpg)

[Sample Bedford Activity Calendar](https://choiceinaging.org/wp-content/uploads/2019/06/Sample-Bedford-Care-Calendar.jpg)

**THE ENROLLMENT PROCESS**

**ARRANGE A CENTER VISIT:**

The best way to learn about our adult day programs is to schedule a visit to tour one of our centers with a social worker. **Scheduling an appointment is strongly recommended and can be done**[**here.**](https://choiceinaging.org/contact-us/)

The social worker will arrange a time when the caregiver and the person needing specialized care can visit the program. This visit gives a potential day program participant an opportunity to see the activities and other participants in the program and to get a feel for what an average day is like at the center. The social worker will meet with the caregiver to obtain general information and learn about their loved one’s special needs and interests. A medical release form will also need to be completed so that CiA can then request records from the potential participant’s physician. It’s helpful to bring along the doctor’s address & phone number.

**DOCTOR’S REPORT:**

Choice in Aging asks the physician for information about the potential participant’s health, medical history, and medications he or she takes. The physician also provides other information to help us best provide clinical care and oversight to her/his patient.

**HOME VISIT:**

Once the physician’s report is received, our social worker will schedule a home visit assessment to obtain more in-depth information about the potential participant’s history, preferences, and care needs. If it seems there is a fit for the program, the social worker will schedule two more assessment days at the center.

**2-DAY ASSESSMENT AT THE CENTER:**

During the 2 days of center assessments, the potential participant will be evaluated by a nurse, occupational therapist, physical therapist, and activity coordinator.

**PLAN OF CARE:**

If the center is unable to meet the needs of the person wanting services, the social worker will work with the caregiver to find alternatives to the day program. If it appears that we can meet the needs of the individual, an individual plan of care is developed with the care team, participant, and family (where appropriate). The plan of care includes a program for nursing, personal care, social work, activities, and occupational and physical therapy.

**REASSESSMENT, REVIEW, & REPORTING:**

All participants plans are reviewed quarterly and reassessed at six-month intervals. We want to see if we are meeting our shared goals and if not, we can work on revising our goals or even our interventions. The participant’s physician will be updated quarterly on the participant’s status and informed of any changes in condition.

**ADJUSTMENT PERIOD:**

It is important to acknowledge that the first few weeks will be a period of adjustment for both the participant and caregiver. CiA staff will communicate often and in detail with the caregiver about how their loved one is doing in the program, and we encourage caregivers to call or email with any questions or concerns.

**TO BEGIN THE PROCESS, CONTACT US:**

**Mt. Diablo Center**

Phone: 925-682-6330

**The Bedford Center:**

Phone: 925-778-4171