

**ADULT DAY HEALTH CARE CENTERS**

**(ADHC)**

4/1/21

***Please note, our adult day programs DO NOT operate on a drop-in basis 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.***

Choice in Aging (CiA) offers Adult Day Health Care (ADHC) at two locations: Mt. Diablo Center in Pleasant Hill and The Bedford Center in Antioch. These adult day programs provide the services needed for frail elders and adults with disabilities to remain independent and retain their dignity while engaging in an active social life.

ADHC was founded in the 1970’s and is focused on adults maintaining their optimal level of cognitive and physical health. Each participant has a customized plan created by a team of health care and activity professionals. The plan addresses an individual’s needs and is designed to maintain and increase vitality and optimal functioning, while giving their caregiver respite.

Our programs also offer a caring, supportive and social environment. Participants get physical and cognitive exercise through group workouts and mind-sharpening games, and most importantly, social interaction and a sense of purpose and community. In addition, our programs support caregivers by connecting them to resources, providing them ongoing respite, and giving them their wish to have their loved ones remain at home.

**Summary of Our Day Programs:**

* Individualized Care Plans
* Social Work Assistance
* Scheduled Transportation Option Available, Coordinated with Paratransit Agencies
* Nutritious Lunch Provided
* Dietary Consultation with a Registered Dietitian as Needed
* Stimulating & Rewarding Activities including: Live Music | Gardening & Horticulture Therapy | Cooking Demonstrations| Exercise | Arts & Crafts | Intergenerational Young at Heart Program |
* Therapy Program: Physical Therapy & Occupational Therapy Maintenance with Reassessments Every Six Months
* Medical Monitoring
* Nursing Care
* Medication Administration
* Assistance with Toileting, Ambulating and Other Personal Care Needs

**MT. DIABLO CENTER**

Located in Pleasant Hill, Mt. Diablo Center primarily serves participants living in central and southern regions of Contra Costa County. It hosts four separate programs: a general adult day health program, [a mid-to-late stage Alzheimer’s disease and related dementia program](https://choiceinaging.org/alzheimers-day-health-care-resource-center/), a Russian-speaking program, and a Farsi-speaking program. Mt. Diablo Center also has staff who speak Spanish.

Our **general adult day program** is led by experienced professionals, dedicated to serving people with disabilities and frail elders. Common daily activities include art, bingo, crafts, seated volleyball, along with different entertainment, music therapy, pet therapy and more!

Our **Russian and Farsi speaking programs** address the need for services in native languages that allow the opportunity to socialize and interact comfortably in a culturally sensitive environment. Both programs are staffed and led by native speakers and include important cultural elements such as celebration of important holidays and traditions (both Russian and Farsi programs), a special area for noon prayers (Farsi program), and newspapers and publications in the native language (Russian program).

Our **Alzheimer’s Day Program** serves participants with [mid-to-late stage Alzheimer’s disease and related dementias](https://choiceinaging.org/alzheimers-day-health-care-resource-center/). As an Alzheimer’s Day Care Resource Center, our professional staff is trained to address the unique needs of the individual and has a higher participant to staff ratio than our other programs.

**THE BEDFORD CENTER**

Located in Antioch, the Bedford Center primarily serves East Contra Costa County and is the only licensed ADHC center in this region. The Bedford Center offers two programs, known as Share and Care programs.

**The Share program** is Bedford’s general day program and is operated in the same way as the Mt. Diablo Center general adult day program. **The Care program** is Bedford’s [program for mid-to-late stage Alzheimer’s disease](https://choiceinaging.org/alzheimers-day-health-care-resource-center/) and is operated in the same way as Mt. Diablo Center’s Alzheimer’s Day Program.

**SAMPLE ACTIVITY PROGRAM CALENDARS:**

Bedford Center Sample Activities:

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

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

Mt. Diablo Sample Activities:

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

[Russian Activity Program (in English)](https://choiceinaging.org/wp-content/uploads/2019/06/Sample-Russian-Calendar.jpg)

[Russian Activity Program (in Russian)](https://choiceinaging.org/wp-content/uploads/2019/01/Calendar-2019-January-Russian.pdf)

[Farsi Activity Program (in English)](https://choiceinaging.org/wp-content/uploads/2019/06/Sample-Farsi-Calendar.jpg)

[Farsi Activity Program (in Farsi)](https://choiceinaging.org/wp-content/uploads/2019/01/January-2019-Farsi-Calendar.pdf)

**PROGRAM HOURS:** All programs operate from Monday thru Friday 9:30 AM – 3:00 PM.

**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/)

A social worker will arrange a time when the caregiver and the person who will attend 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 unique needs and interests. A medical release form will also need to be completed so that Choice in Aging 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 they take. The physician also provides other information to help us best provide clinical care and oversight to the patient.

**HOME VISIT:**

Once the physician’s report is received, your 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 the individual is an accepted fit, an individual plan of care is developed with the care team and participant and family, where appropriate that 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. Choice in Aging 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](tel:925-682-6330)

**The Bedford Center:**Phone: [925-778-4171](tel:925-778-4171)