



# Alzheimer's Day Care Resource Centers (ADCRC)

## Fact Sheet

Last Updated April 2024

**Please Note:** Our programs DO NOT operate on a drop-in basis, and the full enrollment process is required to attend. Please contact us to schedule a tour of either of our facilities.

Our award-winning Alzheimer's Day Care Resource Centers (ADCRC) are available at the Mt. Diablo Center in Pleasant Hill and The Bedford Center in Antioch. Designed for adults experiencing Alzheimer's disease and/or mid-to-late stage dementia, the program is licensed by the California Department of Public Health. Each day is filled with a variety of psycho-social, cognitive, and recreational activities, encouraging laughter and allowing our participants to maintain their dignity and independence while providing much-needed respite for their caregivers and families.

Our multidisciplinary care team includes nurses, social workers, therapists, and psychological services providers who are trained to address the unique needs of those experiencing cognitive disorders. In partnership with caregivers, our expert team of professionals provide each client with an individualized assessment and care plan in order to maximize their success in the program.

## Program Eligibility & 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 a needs assessment and to explain the admissions process at no cost.

## Features & Benefits

- ✓ Individualized assessments and care plans
- ✓ Respite for caregivers
- ✓ In-depth case management by nurses and social workers, as well as physical, speech, and occupational therapists
- ✓ Psychological services as needed
- ✓ Exercise, games, live entertainment, music, art, and horticulture therapy

- ✓ Social interaction
- ✓ Holiday and themed event celebrations
- ✓ Nutritional lunch
- ✓ Transportation
- ✓ Safe, supportive, nurturing environment

## Support for Caregivers

In partnership with the Alzheimer's Association, we offer support groups at each location. A different topic is addressed at every session and covers the variety of issues and challenges facing caregivers. This model also provides community education, caregiver retreats, and caregiver training. For more information, please contact us.

## Program Hours

Monday – Friday, 9:30 AM – 3 PM

## 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. **Please contact us at [choice@choiceinaging.org](mailto:choice@choiceinaging.org) to schedule an appointment.**

A social worker will arrange a time when the caregiver and prospective client can visit the program. This visit gives the applicant an opportunity to see the activities, meet other participants, and 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 must be completed in order for Choice in Aging to be able to request records from the applicant's physician. Family should bring the doctor's contact information.

### Doctor's Report

Choice in Aging asks the physician for information about the applicant's health, medical history, and current medications. 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, our social worker will schedule a home visit assessment to obtain more in-depth information about the applicant'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.

## Two-Day Assessment at the Center

During the two days of center assessments, the applicant 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 applicant, the social worker will work to find alternatives to the day program. If the program is a good match for the applicant's needs, an individual plan of care is developed with the care team, participant, and family (where appropriate). This 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. This is to ensure that we are meeting our shared goals, and if we are not, we can revise our goals and/or interventions. Participant's physician will be updated quarterly on the participant's status and be 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. The 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 us with any questions or concerns.

## Submit a Referral

- [MDC Referral Form](#)
- [Bedford Referral Form](#)

## Contact Us

### Mt. Diablo Center

490 Golf Club Road  
Pleasant Hill, CA 94523

Phone: [\(925\) 682-6330](tel:9256826330)  
Fax: (925) 682-6375

### The Bedford Center

1811 C Street  
Antioch, CA 94509

Phone: [\(925\) 778-4171](tel:9257784171)  
Fax: (925) 778-4251