



# Adult Day Health Care (ADHC)

## 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.*

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 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 1970s 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 which addresses their needs and is designed to maintain and/or 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.

## Features & Benefits

- ✓ 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 and rewarding activities, including live music, gardening and horticulture therapy, cooking demonstrations, exercise, arts and crafts, and the intergenerational Young at Heart program
- ✓ Physical and occupational therapy maintenance with reassessments every six months
- ✓ Medical monitoring
- ✓ Nursing care
- ✓ Medication administration
- ✓ Assistance with toileting, ambulating, and other personal care needs

# Locations & Hours

## Mt. Diablo Center

Located in Pleasant Hill, the Mt. Diablo Center primarily serves participants living in the 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, a Russian-speaking program, and a Farsi/Dari-speaking program. The Mt. Diablo Center also has staff who speak Spanish.

Our *General Adult Day Program* is led by experienced professionals who are dedicated to serving people with disabilities and frail elders. Common daily activities include art, bingo, crafts, and seated sports, along with different entertainment, music therapy, horticulture and pet therapy, and more!

Our *Russian and Farsi-speaking Programs* address the need for services in native languages that allow our participants 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 celebrations of important holidays and traditions, a special area for noon prayers for the Farsi program, and newspapers/publications in the native languages.

Our *Alzheimer's Day Program* serves participants with mid-to-late stage Alzheimer's disease and related dementias. As an Alzheimer's Day Care Resource Center, we have professional staff who are trained to address the unique needs of the individual.

## The Bedford Center

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

The *Share Program* is The Bedford Center's General Adult Day Program and operates the same as MDC's general adult day program. The *Care Program* is for participants with mid-to-late stage Alzheimer's disease and operates the same as MDC's Alzheimer's Day Program.

## 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:(925)682-6330)

Fax: (925) 682-6375

### The Bedford Center

1811 C Street  
Antioch, CA 94509

Phone: [\*\*\(925\) 778-4171\*\*](tel:(925)778-4171)

Fax: (925) 778-4251