

# Adult Day Health Programs



FACT SHEETS ARE A JOINT PROJECT OF IONA AND THE DC DEPARTMENT OF AGING AND COMMUNITY LIVING

Adult day health programs offer daytime social and educational activities (and sometimes medical care) for older adults who need extra help because of memory loss or physical disabilities. Caregivers also gain by getting time-off and relief, knowing their family members are engaging in enjoyable activities in a safe space.

## MORE THAN A SENIOR OR WELLNESS CENTER

Adult day health programs and senior centers offer different services to different groups of older adults. While both adult day health programs and senior centers offer a range of activities (like games, exercise, arts and crafts, discussions, field trips, and shared meals), adult day health programs provide these activities in a supervised setting. Older adults needing extra help (like prompting or going to the bathroom), typically receive it. They may not at a senior center.

Some adult day health programs employ certified nursing assistants or registered nurses to help with medical care. They might help an older adult take their medicines, or check blood sugar and blood pressure.

## FITTING DAY CARE IN YOUR BUDGET

Many adult day health programs accept Medicaid and long-term care insurance. Medicare does not cover adult day health programs. Others charge fees. While these fees vary, it may be useful to know that eight hours at an adult day health program tends to cost less than eight hours of a privately-paid home care worker.

Other sources of financial aid include local government scholarships and the US Dept. of Veterans Affairs. Ask adult day health program staff about what financial assistance may be available for your family member.

## ADULT DAY HEALTH PROGRAMS IN THE DISTRICT

### GENEVIEVE N. JOHNSON SR. DAY CARE CENTER

4817 Blagden Ave., NW

Phone:

202-723-8537

[gnjseniordaycare.com](http://gnjseniordaycare.com)

### IONA SENIOR SERVICES' WASHINGTON HOME CENTER

3303A Stanton Rd., SE

Phone: 202-895-9448

[iona.org/services/adult-day-health-services/the-iona-washington-home-center/](http://iona.org/services/adult-day-health-services/the-iona-washington-home-center/)

### IONA SENIOR SERVICES' WELLNESS & ARTS CENTER

4125 Albemarle St., NW

Phone: 202-895-9448

[iona.org/services/adult-day-health-services/wellness-arts-center/](http://iona.org/services/adult-day-health-services/wellness-arts-center/)

### RENAISSANCE ADULT DAY HEALTH CARE

5214 Foote St., NE

Phone: 202-388-6747

[renaissanceadhc.com](http://renaissanceadhc.com)

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## ASSESSING YOUR NEED

Ask yourself these questions to decide if an adult day health program is right for your family.

- Does your family member need help walking? Going to the bathroom? Taking medicines?
- Does your family member have a special diet or need help checking blood sugar levels?
- What hours or days do you need time off?
- Do you need help arranging transportation?
- How much can you afford or do you need financial aid?

## EVALUATING AVAILABLE PROGRAMS

Here are some questions to think about—and ask a day program representative—as you evaluate different options available in your area.

- Does it provide the types of help you and your family member need?
- How are the staff trained to work with older adults with memory loss?
- What activities and services does it offer?
- What are its hours and how does the staff handle late arrivals and late pick-ups?
- How does the staff handle emergencies?
- How will the staff evaluate your family member's needs?
- At what point—as your family member's memory or physical needs worsen—will the program be unable to continue offering care?

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- Visit [iona.org](http://iona.org) or call
- 202-895-9448
- for other helpful fact sheets.

Legal Aid

Memory Evaluations

Transportation for Independent Riders

Transportation for Riders Needing Assistance