

ADULT DAY PROGRAMS

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Adult day programs, also called **adult day services**, provide an organized day program of socialization and activities, in a safe, supervised, community group setting. These services can be a beneficial resource for caregivers who are working or who could use time off from the responsibilities of caregiving. Different models are available, depending on the level of care required. The amount of days a participant attends per week or month can vary according to their preferences and needs. **Call several locations to arrange site visits. Most locations offer a free “trial day.”**

Types of Adult Day Programs

- **Social adult day programs** (“**social model**,” or sometimes called “**adult day care**”) promote participants’ social, physical, and emotional well-being through a structured program of activities designed to meet individual needs and interests. Staff provide supervision and assistance to participants as needed. A nutritious meal and snacks, as appropriate to the program, are also provided. Individuals who require less supervision and assistance, and have fewer medical needs, may feel more comfortable in a social model program.
- **Adult day health programs** (“**health/social model**” or “**combination model**”) provide similar activities and programming as social adult day programs, but also have a nurse present for at least 4 hours per day. This allows them to accommodate the needs of participants who may have chronic or more complex medical conditions (for example: individuals who are on oxygen, are tube-fed, need colostomy care or insulin injections, or have wound-care needs). Nursing supervision can enable such participants to achieve and maintain their optimum level of independence and provides an additional support to caregivers. A combination model may also be more appropriate for individuals who need more personal care assistance or one-on-one attention; in general, these programs have a higher staff-to-client ratio.
- **Group respite** programs may be staffed by volunteers and are intended to give caregivers an occasional short break. They are often *not* equipped to meet the needs of those with complex needs or unstable medical conditions.

Paying for Adult Day Programs

Adult day program participation fees are typically quoted per day and vary according to the amount of assistance a person requires. In Wake County, a typical rate may be \$45-\$95 per day. This is less expensive than hiring an in-home care provider for the equivalent amount of time. Standard Medicare does *not* cover adult day program attendance, nor do Medicare supplemental insurance policies. Long-term care policies *may* cover adult day programs, depending on the terms of the policy. In some cases, sliding scale fees, scholarships, or grant money may be available to offset the cost of attendance.

Frequently Asked Questions

- **Do I really need an adult day program for my loved one? -- shouldn't I just keep providing all the care myself?**

Ask yourself the following questions and be honest!

- Do you want your loved one to be with other people and make new friends?
- Do you find yourself becoming irritable with your loved one and then feeling guilty about it?
- Are you looking for affordable and reliable care for your loved one?
- Is caregiving putting a strain on your relationship with other family members?
- Is your loved one often irritable or unpleasant with you but pleasant with others?
- Do you feel like you just don't have time for yourself anymore?
- Are you concerned that you may not be able to keep working while caring for your loved one?
- Are you afraid to leave your loved one alone?
- Do you sometimes feel that you are just too exhausted to keep going?
- Do you want your loved one to remain in your life by staying at home?

If you answered **yes** to at least two of these questions, an adult day program may be helpful.

- **I don't think my loved one will want to attend an adult day program -- how can I persuade them?**

Here are some of the creative ways that family members have found to help their loved ones adjust to the idea of an adult day program:

- Stress the opportunity to spend time with other people
- Emphasize the opportunity to enjoy favorite activities such as music, arts, and crafts, sewing, card games, puzzles, etc.
- Present the adult day center as a chance to volunteer, providing help for others who may need their assistance.
- Stress the safety and security of being with others instead of being alone all day.
- Present the adult day center as a chance to get a break from you, the caregiver!

You can also speak with staff at the adult day center(s) you may be interested in, for more ideas and to schedule a “trial day” for your loved one to visit the space, especially during a program that they may enjoy.

- **How do I make sure I find a high-quality adult day program for my loved one?**

The NC Adult Day Services Association has helpful information about what to look for in an adult day program, including a “Site Visit Checklist,” on their website:

www.ncadsa.org/caregivers.php.

Adult Day Programs in Wake County

- Aging Care Matters Adult Day Care** www.agingcarematters.com(919) 525-6464
3309 Rogers Road, Ste 117, Wake Forest, 27587
Social model for ages **62+**. Up to 14 participants.
- Family Circle Elder Care**..... (866) 333-6002
820 W. Garner Road, Garner, 27529
Combination social/health model for ages **18+**. Up to 16 participants.
- The Glade Adult Day Center** www.glenaire.org/the-glade..... 919-447-4494
Glenaire Continuing Care Retirement Community, 5000 Glenhope Court, Cary, 27511
Social model for ages **62+**. Up to 16 participants.
- Millbrook Enrichment Center** www.millbrookumc.org/enrichment-center 919-277-8628
Millbrook United Methodist Church, 1712 E. Millbrook Road, Raleigh, 27609
Group respite for ages **60+**. Staffed by volunteers. Only open Mondays, Wednesdays, and Fridays from 9 AM to 1 PM.
- Resources for Seniors Total Life Centers** <https://resourcesforseniors.org/day-centers/>
- Cary Bond Park TLC**..... 919-460-9008
110 Maury O'Dell Place, Cary 27513 (next to the Cary Senior Center)
Health/social model for adults of **all ages**. Up to 29 participants.
- Eastern Wake TLC**..... 919-365-4248
323 Lake Drive, Wendell 27591 (next to the Eastern Wake Senior Center)
Health/social model for adults of **all ages**. Up to 25 participants.
- Garner TLC**..... 919-773-3790
Garner United Methodist Church, 201 Methodist Drive, Garner 27529
Social model for adults of **all ages**. Up to 41 participants.
- Raleigh TLC** 919-873-1870
5124 Departure Drive, Suite 101, Raleigh 27616 (Off of East Millbrook Rd)
Health/social model for adults of **all ages**. Up to 88 participants.
- Saturday Daybreak Program**..... 919-873-1870
Location alternates between Cary Bond Park and Raleigh TLCs.
Group respite for adults 18 and older. Only offered on 2nd and 4th Saturdays.
- Ruth Sheets Adult Care Center** www.esumc.org/ruth-sheets-adult-care-center . 919-832-7227
Edenton Street United Methodist Church, 228 W. Edenton Street, Raleigh 27603
Health/social model for ages **50+**. Up to 32 participants.
- SarahCare at Lake Boone Trail** www.sarahcare.com 919-746-7050
2245 Gateway Access Point, Suite 101, Raleigh 27607
Health/social model for ages **55+** (younger clients are considered on an individual basis). Up to 51 participants.

Southeastern Wake Adult Day Center www.sewake.com 919-212-8580
Southeastern Healthcare, 3401 Carl Sandburg Court, Raleigh 27610
Health/social model for adults of **all ages**. Up to 48 participants.