



Total Life Centers

Adult Day Services

Activities • Care • Compassion • Safety

Adult Day Services offer . . .

- An alternative for families who want to keep their loved one at home.
- Programs designed for adults who require supervision during the day, due to the aging process or a disability.
- A regular schedule of activities and socialization designed to maintain abilities.
- Peace of mind to family caregivers, allowing personal time to work, relax or be involved in their community.
- Personal care by trained staff, including full-time nurses and nursing assistants.

How We Spend Our Day . . .

Days at the Total Life Centers offer a variety of activities and socialization opportunities including:

- Physical Exercise
- Cognitive Exercise
- Music & Singing
- Arts & Crafts
- Special Guests & Performances
- Meals
- Social Events

Think
TLC



Enrollment is as easy as 1 - 2 - 3



1. Contact one of our 4 Total Life Centers
2. Schedule and attend a Complimentary Tour Day

3. Complete the required paperwork:
 - Application Form
 - Physical Form completed by doctor
 - Medication List and Waiver
 - Participant History and Interest Form

Relax and begin enjoying the Total Life Center experience that will bring you peace of mind knowing your loved one is receiving quality care, provided by trained professional staff.



Why our centers are special . . .

- Since 1978, we have been providing care to our community.
- Four (4) convenient locations in Wake County.
- Extended hours for working caregivers, up to 11 hours daily, Monday through Friday.
- Warm, personalized, and compassionate care.
- Costs are significantly less than comparable hours of one-on-one care.
- We provide social and health combination models of adult day services to accommodate the changing needs of your loved one.
- Staff with training that exceeds the requirements of our State certification.
- CARF National Accreditation.
- Award winning quality activities.
- We accept a wide variety of funding.
- We offer a tour day at no charge to allow your loved one to socialize and participate in activities.

1. Cary

110 Maury O'Dell Place Phone: 919-460-9008
Cary, NC 27513 bondparktlc@rfsnc.org

2. Garner

201 Methodist Drive Phone: 919-773-3790
Garner, NC 27529 garnertlc@rfsnc.org

3. Raleigh

5124 Departure Drive Phone: 919-873-1870
Raleigh, NC 27607 dtlc@rfsnc.org

4. Wendell

323 Lake Drive Phone: 919-365-4248
Wendell, NC 27591 ewtlc@rfsnc.org



The Total Life Centers are a program of Resources for Seniors, Inc., Raleigh, NC
For Questions Call: 919-872-7933