



Connecticut Association of Adult Day Services

What are Adult Day Services?

Adult Day Services are offered in a community based adult day center and include a variety of health and social services provided in a protective group setting. Necessary health, personal care, and social services are provided for participating adults who do not need the continuous services of a nursing home or institutional setting and are able to leave their homes to come to the center. While caregivers work, do errands, or just have a day to themselves, the participant is engaged in vital social and recreational activities. These activities help them stay involved in their community and increase socialization with their peers. Participants have the opportunity to meet and socialize with others and enjoy organized activities designed with their interest and abilities in mind. Participants are encouraged to try new activities and continue those they have always enjoyed.

How do Adult Day Services help families?

Many families want to keep their parents, grandparents, spouses, and other loved ones at home with them. As rewarding as it is care giving requires both time and energy. It can be an exhausting full-time job. Regular participation at an adult day center provides welcome assistance for those giving care at home. It can give family members time to meet their own needs. In addition the professional staff at the Center is available to listen, to advise and to reassure.

What are the services that are provided within a Center?

The Social Model is designed for individuals who need supervision and socialization during the day. The Medical Model provides more extensive personal care, medical monitoring and rehabilitative services in addition to structured and stimulating activities.



Recreation: Structured activities are offered, including exercise, music, crafts, gardening, activities that stimulate thinking and problem solving, entertainment, holiday celebrations and so much more.



Socialization: Participants enjoy socializing with peers, sharing and enjoying activities and programs with others from throughout the community.



Nursing Services: Individualized care plans are developed based on the person's abilities and needs. Participants may receive medication, health screening and regular health monitoring.



Personal Care: Many centers provide assistance with showers, bathing, hair care, manicures, personal hygiene and incontinence care.



Hot Meals and Snacks: Meals and snacks are provided according to nutritional needs and dietary restrictions.



Transportation: Door to door transportation is provided to the center and back home again.