

NEW

ADULT DAY

Care Center

A FUN PLACE FOR
SENIORS
DURING THE
DAY

**GRAND
OPENING**
March 21st
2022



Alabama Senior Center

18610 Co Rd 26 Foley, AL 36535

AlabamaSeniorCenter.com | nusetel.com

Ph: (251) 264 - 3009 Fax: (251) 973 - 8212



AlabamaSeniorCenter.com



WHAT IS ADULT DAY CARE?

Simply stated: Adult Day Care is a place for seniors to engage with other seniors living within similar health, physical and emotional conditions. A community where seniors can engage and enjoy a more fulfilled life every day.

Adult day care also provides relief to family caregivers who have the responsibility of daily care for their loved senior.

Caregiving for a loved one can be rewarding as well as exhausting at the same time. Often the family caregiver has life needs of their own which include work, attending their very own appointments or simply taking time for themselves.

Our adult day care service is the perfect answer for both the senior and the family caregiver who cares for the senior on a daily basis.

Adult day services are coordinated programs of professional services for adults age 60 and older in a community-based group setting.

Services are designed to provide social and some health aide services to adults who need supervised care within a safe place outside of the home during the day.

THE BENEFITS OF ADULT DAY CENTERS

Adult day care is a valuable resource for family caregivers. Services are typically provided during daytime hours and on weekdays, allowing a senior's family caregiver to go to work, attend their very own doctor's appointments, run errands or simply enjoy a break from caregiving.



WHO IS AN IDEAL CANDIDATE FOR ADULT DAY CARE?

Seniors who feel isolated

ASC - Adult Day Care service is a great way for seniors to interact with people their own age, meet up with friends and socialize, rather than being home alone waiting for caregivers to return from work or school.

Many of ASC Adult Day Care members are reluctant at first, but after a few weeks of coming to our program, they establish friendships and a routine that provides a much better quality of life than being home alone.

Seniors who feel depressed about life changes & isolation

Feelings of isolation can lead to depression. Eventually, long-term depression can be associated with other health complications.

Routinely scheduled activity, even as little as two or three times a week, can give members something to look forward to and help keep them from suffering from depression.

Seniors who need help with medications

Medication management can be a difficult task for seniors. Especially seniors with memory loss. It's common for older adults to forget to take medications or to take additional doses of a medicine because they don't remember taking it the first time.

Either way, the consequences of improperly taking medications can be very serious — even life threatening.

ASC - Adult Day Care service can provide medication management, to help ensure ASC Adult Day Care members take the right medications at the right times.



Seniors who need help with meals

ASC - Adult Day Care centers serve hot meals and snacks to ASC Adult Day Care members. A great solution for all seniors but particularly those seniors who are unable to cook for themselves if left alone at home.

Meals are served on a routine daily basis

ASC - Adult Day Care helps seniors meet their nutritional requirements.

Seniors with Alzheimer's, Dementia and Wanderers

Family caregivers know the importance of supervision as it relates to seniors who wander or those with special medical conditions. It is not safe for Alzheimer's patients to be left alone. ASC - Adult Day Care centers can help care for these patients during the day.

An affordable solution for families to nursing home or 24/7 care

Many families only need a day option or half day care solution instead of twenty four hour accommodations. The family budget may limit the option for a twenty four hour and seven day care program.

ASC - Adult Day Care services allow family caregivers to keep their jobs and have their loved ones at home with them in the evenings.

Family caregivers who need help managing care for their loved senior

- You love your senior family member. However life demands that you go to work and care for children and manage other family & life issues that may arise.
- For many families, family caregiving wouldn't be an option without the help of an adult day center.
- ASC - Adult Day Care centers give family caregivers a much deserved break and an opportunity to meet life's other demands.
- Allow ASC and our professional care team to help you along the way. Call ASC and Let's talk about caregiver relief solutions (251) 264 - 3009.

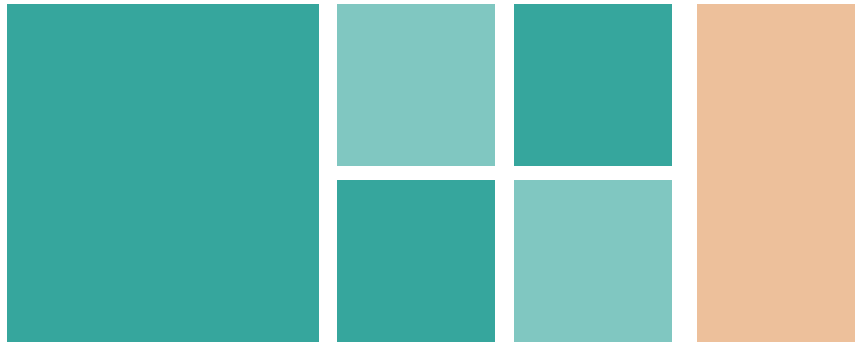
ASC - ADULT DAY CARE GIVES SENIORS "ME" TIME

Simply stated - ASC - Adult Day Care Center for seniors enhances the lives of seniors who live at home by giving them an outlet for their personal growth and well being.

While a member of ASC - Adult Day Care Seniors can enjoy life by feeling independent and basically getting out of the house to have their very own "me" time.



ABOUT ALABAMA SENIOR CENTER ADULT DAY CARE CENTERS



Alabama Senior Center (ASC) - Adult Day Care benefits seniors and their entire family by enabling designated family caregivers to find a healthy balance between work, home and the responsibilities of being a caregiver. The family caregiver can now enroll their senior family member into a senior day care program to watch them on a daily, weekly or monthly basis.

While family caregivers are at work, running errands or taking a break, the seniors enrolled in ASC - Adult Day Care are enjoying a day filled with friends, laughter and enriching activities that foster self-esteem and a positive outlook. Giving the senior a day more fulfilled. Where each senior receives the necessary monitoring and personal care needs to have a productive and emotionally rewarding day.

ASC - Adult Day Care is a cost-effective care option that can sometimes delay the need for nursing home placement.

Additionally ASC - Adult Day Care may prevent the extra costs associated with in home care by providing the necessary daily care for your beloved senior inside the supervised ASC - Adult Day Care facility





ASC - ADULT DAY CARE Respite Care Solution

ASC Adult Day Care serves as a respite care solution for families and caregivers that need short term stay to complete errands, visit with friends or take a little break.

ASC - ADULT DAY CARE

Services include:

- Social services
Socialization and activities
- Specialized care for dementia and Alzheimer's patients Security measures against wandering
- On-site medical staff
- Assistance with daily personal care and hygiene
Medication management
- Meals and diet

management

- Transportation to and from the facility (additional costs may apply)

ASC - Adult Day Care Meals Served

- Breakfast Lunch
- Snacks Twice Daily
- Customized meals are available

ASC FUN Activities

- Arts & Crafts Bingo
- Card Games
- Live Music Dancing
- Light Exercise Arts & Crafts
Trivia Board Games

Beauty & Grooming Services

- Manicures & Pedicures
Hair Cuts & Styling Baths

when required Massage
Therapy

Transportation

- Pick Up to and From the Facility Field Trips
- Outings Festivals
Community Events

• Health Aide Assistance

Medication Reminders
Surveillance

Personal Grooming

- Bathing
- Restroom Assistance

Companionship

- Socialization with other seniors

ASC - ADULT DAY CARE BENEFITS ARE PROVEN

Alabama Senior Center ASC - Adult Day Care Centers provide care for seniors and other adults in a friendly and supportive setting, Seniors are amongst people around their same age and in a supportive environment.

ASC - ADULT DAY CARE A SOCIAL POSITIVE & FRIENDLY ENVIRONMENT

ASC programs help prevent isolation and reduce depression and anxiety.

Inside ASC Adult Day Care Centers seniors socialize and engage with their peers and take part in entertainment, creative arts, discussion groups, field trips, and other activities.

ASC - ADULT DAY CARE INDIVIDUALIZED CARE IN A GROUP SETTING

ASC programs are tailored to meet the special needs of each participant. Call our Care Coordinator to discuss (251) 264 - 3009

ASC - ADULT DAY CARE PROFESSIONALS WITH CARING HEARTS

Each ASC Adult Day Care facility is staffed by a professional team of medical professionals, recreation specialists, therapists and certified nursing assistants.

ASC - ADULT DAY CARE PROVIDES SOLUTIONS TO LONELINESS

The day to day benefits of ASC can help prevent isolation and reduce depression and anxiety.

ASC - ADULT DAY CARE IMPROVES FUNCTION

ASC Adult Day Care programs allow seniors to function at their best emotionally, physically, and intellectually, whether they need nursing care and supervision, or socialization in a structured community setting.

ASC - ADULT DAY CARE PROMOTES INDEPENDENCE

Older adults with memory disorders and other health conditions maintain – or regain – their independence and maximize their potential.

ASC - ADULT DAY CARE A DAY FULFILLED

ASC- Adult Day Care Center allows seniors to socialize and engage with their peers and take part in fitness programs, creative arts, discussion groups, field trips, and other activities.

Programming is tailored to meet the special needs of each participant.

WHY CHOOSE ASC - ADULT DAY CARE ?

- A team of professionals providing expert geriatric care within the community.
- Our experienced staff provide top-quality care serving a diverse group of seniors.
- ASC offers meaningful activities where members of all abilities maximize their strengths and discover new interests
- The key benefits of ASC is that ASC - Adult Day Care service is a community of peers that allow seniors to make new friends and is still small enough for individual attention that a quality senior life requires

ASC - ADULT DAY CARE SAMPLE DAY SCHEDULE

7:00 - 8:00	Breakfast
9:00	Thankful For
10:00	Group Activity
10:00	Selected Entertainment
11.00	Brain Stimulation Activity
12:00 - 1:00	Lunch
1:15	Dance - Music Therapy
2:00	Entertainment & Activity
3.00	Afternoon Snack
4.00	Companionship Social Activity
5.00	Departure
Program hours	
Please Note: Hours can be customized to accommodate work schedules 8:00 am - 5:00 pm	
YES! Transportation is Available	
Please call the Client Care Coordinator for more information (251) 264 - 3009	



REFER ASC - ADULT DAY CARE

How to Make a Referral or Schedule a Tour at ASC Adult Day Care

Is a Physician Order Required to enroll in **ASC - Adult Day Care Centers?**

A physician's order is not required for enrollment.

STEPS TO ENROLLMENT IN ASC - ADULT DAY CARE

- The first step is a simple phone call to our care coordinator (251) 264 - 3009.
- Staff members are available to discuss eligibility, payment, and transportation options. A hold deposit is required and a waiting list may apply

ASC - ADULT DAY CARE SUPPORT INITIATIVES FOR THE ENTIRE FAMILY

- ASC recognizes that a transition to a new program can be a difficult time for both seniors and their family members.
- ASC mission is to provide quality care for seniors however, our senior members' families are also important to us. ASC offers support and education to help alleviate the stress that family caregivers often experience.
- ASC Great Start program partners with family members throughout the entire enrollment process through the first day of admission in order to ensure a smooth transition for their loved one. We continue to work with the family while the senior is a member
- Family members, health care professionals, and seniors themselves can make referrals to ASC
- - Adult Day Care Centers by calling: (251) 264 - 3009



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