



# Pathways Information & Assistance

## Questions to help caregivers decide IF ADULT DAY CARE IS THE RIGHT CHOICE

Here are some questions to consider in deciding whether adult day care can help you and the frail or disabled person you know or are caring for:

1. Is the person idle? Does she or he sleep a lot throughout the day, or sit all day, perhaps in front of the television?
2. Does the person have a low interest in other family members, or the surroundings?
3. Does the person seem sad, lonely, or confused? Do you feel that she or he would benefit by more social and recreational activity during the day?
4. Do you lack time and energy to take care of your own needs? Do you need more time for yourself, or to be with other family members and friends?
5. Are you also parenting children?
6. Are you also working part time, or full time?
7. If the person is not living with you, are you often worried about this person?
8. Have you thought about a nursing home, but feel guilty when you have these thoughts?
9. Are you spending a lot of time providing routine care for the person, such as cooking, dressing, and toileting, and find that you have less time for talking or doing activities with the person?

If your response to one or several of these questions is **Yes**, you may find that both you and the person you are caring for would benefit from adult day care. The following section provides some questions to help learn more about adult day care programs in your community.

### Questions to help you choose an Adult Day Care Program

Adult day care programs in the Seattle/King County area differ in the size and types of programs they offer. We suggest reading about the programs in your area, but also reading about the other programs in King County. It is possible that one of the programs located farther from your home best suits your needs, and that transportation can be arranged to this program.

It is important to call and arrange a visit with the day care programs you are thinking about so that you can gather information before you select a program. The director, staff, or volunteers will be glad to talk with you and provide you with a tour of their programs.

**Here are some questions to ask when you visit:**

Will your schedule work with the program's days and hours of operation, and the program's transportation schedule/services?

Can transportation be arranged if the program cannot provide this service?

Can the program provide for any special dietary needs?

Are there enough staff and volunteers to assist the participants?

What training does the staff receive? Who provides training in prevention of accidents such as falls or burns, first aid, medical emergencies, fire safety, and other safety and emergency needs?

Are the kitchens, restrooms, and activity areas clean?

Is staff trained in ways to help frail and disabled people to stand, walk, and sit? Who provides this training?

What social and recreational programs are provided? Are these appealing to the person who will be attending the program?

What social services are provided which you might need, such as counseling and assisting with housing, finances, and other needs?

What health care services are provided which you might need?

What staff is present to provide counseling to people who are feeling low, or need to talk about personal problems?

Does the program staff have regular contact with family members or care providers? How do they do this?

Do the current participants seem to be actively enjoying the program?

Does the staff assist with needed toileting, such as changing protective pads, wiping body, changing clothing, reminders to assist the person with toileting tasks?

Can you afford the total monthly fees?

We hope that by learning more about the adult care programs in your community, you will find a program which is right for both you and the person who will be attending. To talk with someone about adult day care, please call the adult day care center of your choice. For information to help you choose a program, call **Pathways Information and Assistance, (206) 448-3110**.

2208 Second Ave Ste. 100  
Seattle, WA 98121  
Tel: 206.448-3110  
TTY: 7-1-1  
info@soundgenerations.org  
www.soundgenerations.org

<p><b>AUBURN RESPITE CARE PROGRAM</b>  C/O AUBURN SENIOR ACTIVITY CENTER  808 9TH ST SE  AUBURN, WA 98002  phone: (253) 350-8891  FAX:  email:  web: <a href="http://www.auburnwa.gov/">www.auburnwa.gov/</a>    contact: Carrie Stahlecker</p>	<p>Hours:  Fri ~ 10am tp 3pm  Services:  Adult day Care serves clients from 10am to 3pm on Fridays at the Senior Activity Center. The Respite Program allows caregivers to enjoy a worry-free day off while the participant enjoys socialization, companionship and lunch.  Limitations:  Must be able to self-transfer  Fees:  Call for current fee information  Comments:  Month of July off.</p>
<p><b>BAILEY-BOUSHAY HOUSE OUTPATIENT PROGRAM</b>  2720 E MADISON ST  SEATTLE, WA 98112  phone: (206) 720-2305  alt phone:  FAX: (206) 720-2299  email: <a href="mailto:bbh@vmmc.org">bbh@vmmc.org</a>  web: <a href="http://www.baileyboushay.org/outpatient-services">www.baileyboushay.org/outpatient-services</a></p>	<p>Hours:  8am to 4pm 365 days/year  Services:  Specializes in serving individuals with HIV who need more physical and emotional support than traditionally available. Provides nursing services, social work, case management, mental health support, life skills education, housing stability support, social activities, breakfast and lunch  Limitations:  Individuals with HIV and chronic health issues.  Fees:  Medicaid and sliding scale.  Comments:</p>
<p><b>ELDER AND ADULT DAY SERVICES - BELLEVUE</b>  12831 NE 21ST PL  BELLEVUE, WA 98005  phone: (425) 250-7030  email: <a href="mailto:info@eads-cares.org">info@eads-cares.org</a>  web: <a href="http://eadscares.wordpress.com/">eadscares.wordpress.com/</a>  contact: ENROLLMENT COORDINATOR</p>	<p>Hours:  Mon-Fri ~ 8:30am to 5:30pm  SERVICES:  Nonprofit agency provides day programming for people with mild to profound cognitive disabilities: seniors with dementia or younger adults with developmental disabilities, brain injuries or other acquired disabilities. Therapeutic activities; social support and group activities.  Limitations:  No verbally or physically combative; must be able to integrate into group oriented milieu  Fees:  Depending on care required and payment plan,  Comments:  Transportation: eastside, utilize access; dshs. CARF accredited program.</p>

<p><b>ELDER AND ADULT DAY SERVICES - BAINBRIDGE</b>  4414 PERRY AVE NE  BREMERTON, WA 98312  phone: (425) 250-7040  email: info@eads-cares.org  web: eadscares.wordpress.com  contact:</p>	<p>Hours:  Mon-Fri ~ 8:30am to 5:30pm  SERVICES:  Nonprofit agency provides day programming for people with mild to profound cognitive disabilities: seniors with dementia or younger adults with developmental disabilities, brain injuries or other acquired disabilities. Therapeutic activities; social support and group activities.  Limitations:  No verbally or physically combative; must be able to integrate into group oriented milieu  Fees:  Depending on care required and payment plan,  Comments:  Transportation: eastside, utilize access; dshs. CARF accredited program.</p>
<p><b>ELDERWISE SENIOR ADULT DAY ENRICHMENT PROGRAM</b>  531 NE 112<sup>th</sup> St  Seattle, WA 98125  phone: (206) 913-1757  email: info@elderwise.org  web: www.elderwise.org</p>	<p>Hours:  Wed, Thurs ~ 10am to 2pm,  Services:  Adult day program for persons living with memory loss. Focus on artistic expression, physical wellness, and personal enrichment and meaning through activities led by professionals. Includes ratio of 2 facilitators for up to 8 participants, lunch, two snacks, therapeutic artistic work, guided exercise and focused discussion.  Limitations:  8 person maximum per day  Fees:  \$90/day; reduced fee for income qualified  Comments: Reduced rate for low income eligible</p>
<p><b>FULL LIFE CARE ADULT DAY HEALTH CENTER SNOHOMISH COUNTY</b>  2931 RUCKER AVE  EVERETT, WA 98201  phone: (425) 355-1313  web: www.fulllifecare.org</p>	<p>Hours: Mon – Fri ~ Call for hours  Services:  Adult day care program provides social, educational and recreational programs combined with skilled nursing, rehabilitative therapies and social work support. Hot lunch (or dinner for afternoon participants). Transportation arranged through metro accessible services. Health and wellness program for persons with chronic health care concerns, memory care, acquired brain injury, multiple sclerosis.  Limitations:  Fees:  \$0-65/day (sliding fee scale), \$15/hour for extended hours. Accepts Medicaid, Respite, VA, and private long term care insurance.  Comments:</p>

<p><b>FULL LIFE CARE ADULT DAY HEALTH CENTER SOUTH KING COUNTY</b></p> <p>7829 S 180TH ST KENT, WA 98032</p> <p>phone: (425) 227-9095 DIRECT alt phone: (206) 528-5315 INQUIRIES web: www.fullifecare.org</p>	<p>Hours: Mon – Fri ~ Call for hours</p> <p>Services: Adult day care program provides social, educational and recreational programs combined with skilled nursing, rehabilitative therapies and social work support. Hot lunch (or dinner for afternoon participants). Transportation arranged through metro accessible services. Health and wellness program for persons with chronic health care concerns, memory care, acquired brain injury, multiple sclerosis.</p> <p>Limitations:</p> <p>Fees: \$0-65/day (sliding fee scale), \$15/hour for extended hours. Accepts Medicaid, Respite, VA, and private long term care insurance.</p> <p>Comments:</p>
<p><b>FULL LIFE CARE ADULT DAY HEALTH CENTER SOUTH SEATTLE</b></p> <p>4712 35TH AVE S SEATTLE, WA 98118</p> <p>phone: (206) 721-3634 DIRECT alt phone: (206) 528-5315 INQUIRIES web: www.fullifecare.org</p>	<p>Hours: Mon – Fri ~ Call for hours</p> <p>Services: Adult day care program provides social, educational and recreational programs combined with skilled nursing, rehabilitative therapies and social work support. Hot lunch (or dinner for afternoon participants). Transportation arranged through metro accessible services. Health and wellness program for persons with chronic health care concerns, memory care, acquired brain injury, multiple sclerosis.</p> <p>Limitations:</p> <p>Fees: \$0-65/day (sliding fee scale), \$15/hour for extended hours. Accepts Medicaid, Respite, VA, and private long term care insurance.</p> <p>Comments:</p>
<p><b>KLINE GALLAND HOME POLACK ADULT DAY CENTER</b></p> <p>7500 SEWARD PARK AVE S SEATTLE, WA 98118</p> <p>phone: (206) 725-8800 web: www.klinegalland.org/polack-adult-day-center/</p>	<p>Hours: Mon – Thurs ~9:30am to 2:30pm</p> <p>Nonprofit facility offering a variety of activities, including exercise, arts &amp; crafts, current events discussion groups, entertainment, outings and Jewish cultural celebrations. Kosher hot lunch. Health monitoring by RN, family support and counseling. Limited transportation to and from the day center.</p> <p>Limitations:</p> <p>Fees: Private, COPES, respite</p> <p>Comments: Limited transportation</p>

<p><b>KOKORO KAI SENIOR ACTIVITY PROGRAM</b>          NIKKEI MANOR          700 6TH AVE S          SEATTLE, WA 98104          phone: (206) 726-6474          FAX: (206) 726-6475          email: kokorokai@keironw.org          web: <a href="http://www.keironorthwest.org/programs/senior-activity-programs/">http://www.keironorthwest.org/programs/senior-activity-programs/</a>          contact: Tomoko Faasumalie; Kokoro Kai, Director</p>	<p>Hours:          Mon,Wed,Fri – Seattle;          Services:          Non profit program part of Keiro Northwest, provides seniors with companionship, activities and meals with goal of increasing independence and well being. Activities, socializing, and lunch offered in two locations. Small groups with higher level of care needs available.          Limitations:          Ambulatory only or independent wheelchair users; no incontinent or help with toileting or with feeding; primarily the Japanese American community. Others welcome.          Fees:          Call for rates          Comments: Bilingual Japanese, English</p>
<p><b>LEGACY HOUSE ADULT DAY CARE AND HEALTH PROGRAMS</b>          803 S LANE ST          SEATTLE, WA 98104          phone: (206) 292-5184          alt phone:          FAX: (206) 838-3057          email: <a href="mailto:information@legacyhouse.org">information@legacyhouse.org</a>          web: <a href="http://www.legacyhouse.org/">www.legacyhouse.org/</a></p>	<p>Hours: Mon – Fri ~ 9AM to 2:30pm          Services:          A program of Seattle Chinatown-international district provides adult day health and adult day care programs includes fitness, social and recreational activities. Asian style lunch, transportation coordination, RN oversight, rehabilitative, occupational and physical therapy, personal care services, caregiver respite.          Limitations:          ADF program client needs to meet skilled nursing or rehabilitation service. ADC clients do not need any skilled service, but must be eligible for COPES.          Fees:          Medicaid, COPES; Call for rates          Comments:</p>
<p><b>NORTHSHORE ADULT DAY HEALTH</b>          10212 E RIVERSIDE DR          BOTHELL, WA 98011          phone: (425) 488-4821          email: <a href="mailto:judip@mynorthshore.org">judip@mynorthshore.org</a>          web:  <a href="http://www.northshoreseniorcenter.org/programsservices/adultdayhealth/overview.aspx">www.northshoreseniorcenter.org/programsservices/adultdayhealth/overview.aspx</a>          contact: Judi Pirone. PROGRAM MANAGER</p>	<p>Hours:          Mon – Fri ~ 10am to 3pm          Services:          Nonprofit, state approved Adult Day Health program serves adults with physical, mental or social problems associated with various chronic illness and conditions. Based on individual assessments, staff develops care plan to meet specific needs of participant. Includes case management and nursing services. Enjoy social activities, fitness, short outings and hot lunch.          Limitations:          Physical violence, severe wandering &amp; inappropriate sexual behaviors not tolerated.          Fees:          Call for current fees. Accepts Medicaid, COPES, SCSA, private pay. One-time assessment fee          Comments: Transportation available.</p>

<p><b>OLD FRIENDS CLUB</b>          PO BOX 2472          KIRKLAND, WA 98083          phone: ((425) 681-9776          web: <a href="http://www.olderfriendsclub.org">www.olderfriendsclub.org</a>          contact: Suzanne Rossi</p>	<p>Hours:          9:30am to 2:30pm: Carnation – Mon, Tues, Thurs.          Bellevue – Mon, Tues, Thurs. Kirkland – Mon, Tues,          Thurs. Issaquah/Sammamish – Tues, Thurs.          Services:          Adult day program for people with memory loss,          Alzheimer's or other cognitive challenges. Lunch          served, music, art, exercise, cognitive support.          Offers respite for caregivers and caregiver          support groups.          Fees:          Call for current rates,          Comments: 4 locations: Bellevue, Carnation,          Kirkland, Sammamish</p>
<p><b>PROVIDENCE ELDERPLACE</b>          4515 MARTIN LUTHER KING JR WAY S STE 100          SEATTLE, WA 98108          phone: (206) 320-5325          alt phone: (206) 923-3940 West Seattle          alt phone: (425) 755-1100 Redmond          email: <a href="mailto:jenny.kentta@providence.org">jenny.kentta@providence.org</a>          web: <a href="http://www.providence.org/our-services/pace-and-adult-day-programs">http://www.providence.org/our-services/pace-and-adult-day-programs</a></p>	<p>Hours:          Mon – Fri ~ 8am to 5pm          Services:          Nonprofit PACE, program of all-inclusive care for          the elderly model of care provides          comprehensive health care and social services          including medical care, day health program,          nursing, therapy, social work services,          rehabilitation and housing if necessary.          Limitations:          At least 55+          Fees:          Call for current rates, Medicaid, COPES, Private          Pay          Comments: Multiple locations          Comprehensive services are tailored to meet the          unique needs of each individual. Part of the          Providence Health System.</p>



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