



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? Do they 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 they 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**.

AUBURN RESPITE CARE PROGRAM C/O AUBURN SENIOR ACTIVITY CENTER 808 9TH ST SE AUBURN, WA 98002 phone: (253) 229-7510 FAX: email: web: www.auburnwa.gov/ contact: Shelia	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.
BAILEY-BOUSHAY HOUSE OUTPATIENT PROGRAM 2720 E MADISON ST SEATTLE, WA 98112 phone: (206) 720-2305 alt phone: FAX: (206) 720-2299 email: bbh@vmmc.org web: www.baileyboushay.org/outpatient-services	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:
ELDER AND ADULT DAY SERVICES - BELLEVUE 12831 NE 21ST PL BELLEVUE, WA 98005 phone: (425) 250-7030 email: info@eads-cares.org web: eadscares.wordpress.com/ contact: ENROLLMENT COORDINATOR	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.

ELDER AND ADULT DAY SERVICES - BAINBRIDGE 4414 PERRY AVE NE BREMERTON, WA 98312 phone: (425) 250-7040 email: info@eads-cares.org web: eadscares.wordpress.com contact:	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.
ELDER AND ADULT DAY SERVICES – DES MOINES 816 South 216th St. Ste 1 DES MOINES, WA 98198 phone: (425) 250-7045 email: info@eads-cares.org web: eadscares.wordpress.com contact:	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.
ELDERWISE SENIOR ADULT DAY ENRICHMENT PROGRAM 531 NE 112th St Seattle, WA 98125 phone: (206) 913-1757 email: info@elderwise.org web: www.elderwise.org	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

FULL LIFE CARE ADULT DAY HEALTH CENTER SNOHOMISH COUNTY 2931 RUCKER AVE EVERETT, WA 98201 phone: (425) 355-1313 web: www.fulllifecare.org	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:
FULL LIFE CARE ADULT DAY HEALTH CENTER SOUTH KING COUNTY 7829 S 180TH ST KENT, WA 98032 phone: (425) 227-9095 DIRECT alt phone: (206) 528-5315 INQUIRIES web: www.fulllifecare.org	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:

FULL LIFE CARE ADULT DAY HEALTH CENTER SOUTH SEATTLE 4712 35TH AVE S SEATTLE, WA 98118 phone: (206) 721-3634 DIRECT alt phone: (206) 528-5315 INQUIRIES web: www.fulllifecare.org	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:
KLINE GALLAND HOME POLACK ADULT DAY CENTER 7500 SEWARD PARK AVE S SEATTLE, WA 98118 phone: (206) 725-8800 web: www.klinegalland.org/polack-adult-day-center/	Hours: Mon – Thurs ~9:30am to 2:30pm Nonprofit facility offering a variety of activities, including exercise, arts & 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. Limitations: Fees: Private, COPES, respite Comments: Limited transportation
KOKORO KAI SENIOR ACTIVITY PROGRAM NIKKEI MANOR 700 6TH AVE S SEATTLE, WA 98104 phone: (206) 508-0538 email: kokorokai@keironw.org web: http://www.keironorthwest.org/programs/senior-activity-programs/ contact: Tomoko Faasumalie; Kokoro Kai, Director	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

LEGACY HOUSE ADULT DAY CARE AND HEALTH PROGRAMS 803 S LANE ST SEATTLE, WA 98104 phone: (206) 462-7100 alt phone: email: legacyhouseinfo@ichs.com web: www.legacyhouse.org/	Hours: Mon – Fri ~ 10AM to 2:00pm Services: A program of International Community Health Services 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: Fees: Medicaid, COPEs; Call for rates Comments:
NORTHSHORE ADULT DAY HEALTH 10212 E RIVERSIDE DR BOTHELL, WA 98011 phone: (425) 488-4821 email: judip@mynorthshore.org web: www.northshoreseniorcenter.org/programsservices/adultdayhealth/overview.aspx contact: Judi Pirone. PROGRAM MANAGER	Hours: Mon, Wed, Fri ~ 10am to 2:30pm 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 & inappropriate sexual behaviors not tolerated. Fees: Call for current fees. Accepts Medicaid, COPEs, SCSA, private pay. One-time assessment fee Comments: Transportation available.
OLD FRIENDS CLUB 13314 NE 111TH CT REDMOND, WA 98052 phone: (425) 681-9776 web: www.oldfriendsclub.org email: welcome@oldfriendsclub.org contact: Bob Delf, Executive Director	Hours: Varies by location, check their website. Services: A network of social day programs for people living with dementias, and respite for their caregivers. Fees: Call for current rates Comments: Check their website for the most up-to-date list of locations: www.oldfriendsclub.org/locations

PROVIDENCE ELDERPLACE

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: jenny.kentta@providence.org

web: <http://www.providence.org/our-services/pace-and-adult-day-programs>

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.



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