# VERMONT ASSOCIATION OF ADULT DAY SERVICES

*Vermont's cornerstone of person-centered care*

# Adult Day Services

- Adult Day Services (ADS) are community-based non-residential services designed to assist older persons and younger adults with physical and/or cognitive impairments.
- These services help people remain as active in their communities as possible, by maximizing their level of health and independence and supporting their optimal functioning regardless of the challenges they may face.
- Adult Day centers provide a safe, supportive environment where participants can receive a comprehensive array of professional health, therapeutic, nutritional, social and life enriching services.

* Adult Day Services also provide respite, support and education to family members caregivers, and legal representatives.

**Creative, compassionate and cost-effective alternative to traditional nursing home care**

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**And so much more!**

# Who Can Attend Adult Day Programs?

- Any person 60 or older
- Any adult age 18 or older with a disability
- People who would benefit from daytime support or supervision
- People who are socially isolated
- People with medical/health needs
- People who are developmentally delayed
- People with emotional issues (depression, anxiety, grief, etc.)
- People with mobility issues
- People with continence or person care issues
- People with feeding or nutritional issues
- People with Alzheimer’s Disease or other cognitive impairments
- People who want to get the most out of their lives!

**Comprehensive nursing, healthcare and medication assistance**

# Adult Day Healthcare Services

Healthcare Staff: Nurses, Licensed Nursing Assistants, and Physician Consultant Oversight

- Monitor health status
- Medication management
- Emergency care
- Liaison & service coordination
- Provide health education
- Routine foot/nail care
- BP & weight monitoring
- Dressing changes
- Aerosol treatment
- Oxygen therapy

- Continence care
- Limited bathing/shaving
- Monitoring swallowing issues
- Feeding/nutritional assistance
- Limited dental and oral care
- OT, PT, SP follow through
- Mobility assistance
- Dietician consultation
- Caregiver education & support

All staff are CPR, AED and first aid trained

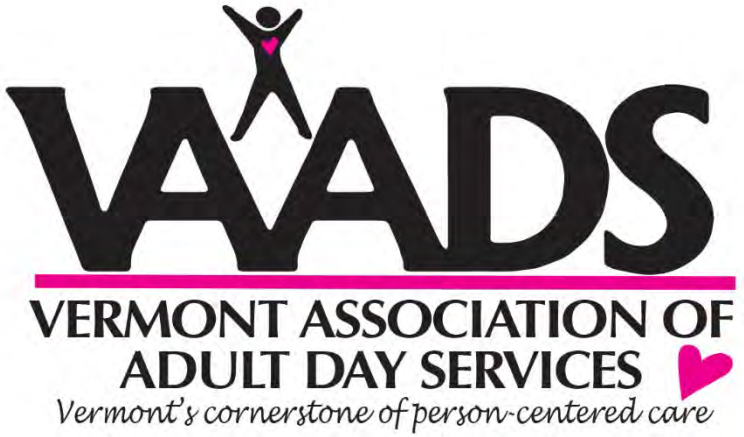
## Fitness programs and restorative therapy assistance

## Full range of personal care assistance

# Healthy meals and snacks

**Individually tailored activities designed to maximize engagement and promote each individual's sense of purpose**

Assistance with learning or relearning life skills and activities of daily living to build self-confidence and a sense of independence

Life enrichment opportunities, educational classes, and creative personal growth exploration

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