

adult day services



Adult day service centers provide a break (respite) to the caregiver while providing health services, therapeutic services, and social activities for people with Alzheimer's disease and related dementia, chronic illnesses, traumatic brain injuries, developmental disabilities, and other problems that increase their care needs. The information and listings that follow offer these services and more.

Eight Steps to Selecting an Adult Day Care Center

Step #1 - Determine Your Needs

What specific services are needed for the older person?

- A safe, secure environment?
- Social activities?
- Assistance with eating, walking, toileting, medicines?
- Therapies - physical, speech, occupational?
- Health monitoring - blood pressures, food or liquid intake, weight?
- Nutritious meals & snacks? • Special diet?
- Exercise? • Mental stimulation?
- Personal care - bathing, shampoos, shaving?
- What do you, the caregiver, need?
- Occasional free time?
- Coverage while working?
- Transportation?
- Support?
- Assistance in planning for care?

Step #2 - Finding Adult Day Centers

Identify services in your area

Step #3 - Call First

Call adult day centers and ask for a flier or brochure, eligibility criteria, a monthly activity calendar, a monthly menu and application procedures.

Step #4 - Know What to Ask

Look for the following information in the material received:

- Owner or sponsoring agency • Years of operation
- License or certification (If required in your state)
- Hours of operation • Days open • Transportation
- Cost - Hourly or daily charge, other charges, financial assistance
- Conditions accepted - such as memory loss, limited mobility, incontinence • Staff credentials
- Number of staff per participant
- Activities provided - Is there variety and choice of individual and group activities?
- Menu - appeal, balance

Step #5 - Pay a Visit

After reviewing materials, make an appointment to visit two or more centers that might meet your needs. The following site visit checklist will help you decide which day center is the right one for you.

- Did you feel welcomed?
- Did someone spend time finding out what you want and need?
- Did someone clearly explain what services and activities the center provides?
- Did they present information about staffing, program procedures, costs and what they expect of caregivers?
- Was the facility clean, pleasant and free of odor?
- Were the building and the rooms wheelchair accessible?
- Was there sturdy, comfortable furniture?
Loungers for relaxation? Chairs with arms?
- Is there a quiet place for conferences?
- Is there a place to isolate sick persons?
- Did you see cheerful faces on staff and participants?
- Do volunteers help?
- Are participants involved in planning activities or making other suggestions?

Step #6 - Check References

Talk to two or three people who have used the center you are considering & ask for their opinions.

Step #7 - Try it Out

Select a day center: Try it for three to five days. It sometimes takes several visits for new participants to feel comfortable in a new setting and with a new routine. If you have questions or are experiencing any problems, ask for a conference. Staff may have suggestions to make the transition easier both at home and at the day center.

Step #8 - Take care of yourself

Relax. Your loved one is being well cared for. Remember, your loved one may not be able to recall all the activities enjoyed during the day. The staff will gladly provide the missing details. The day center staff is there for you, too.

Adapted from the National Adult Day Services Association (NADSA)



ADULT DAY SERVICES - Missouri

Private
Pay Rates

Hours

Transportation

Meals Provided

Adult Day at Charless Village

Phone: 314-846-2003

5943 Telegraph Road, St. Louis, MO 63129

Website: www.bethesdahealth.org

Counties Served: Franklin MO, Jefferson MO, St. Charles MO, St. Louis MO, St. Louis City MO

Description: *The adult day care program at Charless Village is ideal for seniors who live at home without much opportunity for daily socialization, as well as for those caregivers and loved ones who want to ensure that the needs of their beloved senior are addressed while they work, run errands, take care of other responsibilities or enjoy a well-needed respite!*

\$70/day for full day
\$45 for half day

7:00 am - 7:00 pm

\$5 per trip for a 5 mile radius

Breakfast, morning and afternoon snack and lunch

Adult Day Center at the J

Phone: 314-442-3248

Fax: 314-872-7189

#6 Millstone Campus Drive, St. Louis, MO 63146

Website: www.jccstl.com

Counties Served: Franklin MO, Jefferson MO, St. Charles MO, St. Louis MO, St. Louis City MO

Description: *JCC offers a full day of programming to adults who live in the community but may need special care due to Alzheimers or other dementias, physical health problems, or who may be socially isolated. Provide physical, cognitive, and social stimulation in a safe, secure, and warm setting. Professional staff who provide personal attention to each participant. Varied activities include chair exercise, modified sports, entertainment, small group activities, intergenerational activities, pet therapy.*

Begins at \$73/day

7:30 am - 6:00 pm
Mon-Fri

Free transportation available in some areas

Breakfast, lunch, and an afternoon snack

Adult Day Club at Bethesda Dilworth

Phone: 314-446-2103

Fax: 314-968-3580

707 Bethesda Dilworth Dr., Oakland, MO 63122

Website: www.bethesdahealth.org

Counties Served: Franklin MO, Jefferson MO, St. Charles MO, St. Louis MO, St. Louis City MO, Washington MO, Bond IL, Clinton IL, Madison IL, Monroe IL, Randolph IL, St. Clair IL

Description: *Located in a dedicated facility on the Bethesda Dilworth campus, Bethesda Adult Day Club offers families an important day-time option. The service gives families the opportunity to remain living at home while accessing the skilled and experienced staff of Bethesda's Adult Day Club during the day. And with nursing services on-site, families can relax knowing that loved ones are having their daily social AND medical needs met. Please contact us to learn more about our services and how we can help you and your loved ones.*

\$75/day, \$50/1-5 hours

6:30 am - 6:00 pm

We will be happy to assist you in arranging outside transportation

Continental breakfast, hot lunch, snack



Missouri Listings

ADULT DAY SERVICES - Missouri	Private Pay Rates	Hours	Transportation	Meals Provided
Alexian Brothers PACE Program Phone: 314-771-5800 Fax: 314-771-7830 3900 Saurth Grand, St. Louis, MO 63118 Website: www.AlexianBrothers.net Counties Served: St. Louis MO, St. Louis City MO	Call	Mon - Fri	Pick up and Drop off services	Yes
Cardinal Ritter Senior Services Phone: 314-962-7501 Fax: 314-962-7140 7663 Watson Road, Shrewsbury, MO 63119 Email: cwoodruff@ccstl.org Website: www.cardinalritterseniorservices.org Counties Served: Jefferson MO, St. Charles MO, St. Louis MO, St. Louis City MO	Please call	Mon-Fri 7:00 am - 6:00 pm	N/A	1+ Snacks
Cardinal Ritter Senior Services - St. Robert Adult Day Program Phone: 636-916-3709 Fax: 636-916-3732 1424 First Capitol Drive, St. Charles, MO 63303 Email: cwoodruff@ccstl.org Website: www.cardinalritterseniorservices.org Counties Served: St. Charles MO Description: Adults Day services	Call	Mon-Fri 7:00 am - 6:00 pm	Within a 10 mile radius	Call

Adult Day Center at the J



Helping adults live in the community longer

- Meals and snacks provided
- Fun and engaging programs
- Door-to-door transportation*
- Secure environment
- Family services
- Alzheimer's Support Groups

Visit us today, call 314-442-3248

*where available
jccstl.com

JEWISH COMMUNITY CENTER



Family Partners™

Adult Day Services

We offer an **affordable, safe, socially active** and **supervised** environment for seniors during the day, providing:

- Social and mental stimulating activities
- Meals
- Medication Assistance
- Blood Pressure Checks
- Bathing Services
- Transportation and much more!

Specializing in dementia care.

Call to schedule a tour!

314.686.4444

12880 Manchester Rd, St. Louis, MO 63131
www.FamilyPartners.com

Living Better ADULT DAY CARE

Superior care in a supportive home-like environment

Services Include:

- Nursing services, including medication administration
- Assistance with personal care
- Physical exercise and activities
- Nutritional meals and snacks
- Social, recreational, and mentally challenging activities
- Transportation and much more

Call today to schedule a tour!!

314-542-6050

2032 Dorsett Village,
Maryland Heights, MO 63043
(1 block west of I-270)

www.LivingBetterAdultDayCare.com

ADULT DAY SERVICES - Missouri

	Private Pay Rates	Hours	Transportation	Meals Provided
<p>Care Club Senior Day Services Phone: 636-724-5114 Fax: 636-724-5137 2061 Exchange, St. Charles, MO 63303 Email: mcobb@carebrandssystem.com Website: www.carebrandssystem.com Counties Served: Franklin MO, Jefferson MO, St. Charles MO, St. Louis MO, St. Louis City MO, Monroe IL, Washington IL Description: <i>Care Club senior day services is dedicated to providing quality, credentialed, secure day health care to our members, in a responsible, caring, and loving environment. We are committed to providing a respite to the family member/caregiver, while ensuring that their loved ones will receive personalized attention, health services and social activities in an upscale, family environment.</i></p>	Adult Day Care services are defined by state regulated Medicaid coverage and can be as high as \$75.00 per day. Pricing is predicated on whether a facility accepts Medicaid / VA recipients.	7:00 am - 6:00 pm Mon-Fri Sat. based on demand	Each Care Club Senior Day Services center will coordinate transportation for its club members.	Hot meals and snacks catered and served daily
<p>Family Partners Adult Day Services Phone: 314-686-4444 Fax: 314-686-4448 12880 Manchester Road, St. Louis, MO 63131 Website: www.familypartners.com Counties Served: Jefferson MO, St. Charles MO, St. Louis MO, St. Louis City MO Description: <i>Providing stimulation, socialization, and supervision for seniors with Alzheimer's and dementia. State licensed. Home like setting. Great activities. Kind and caring staff.</i></p>	\$75-\$85/day	7:00 am - 6:00 pm Mon-Fri	Please call for rates	Breakfast, catered lunch, afternoon snack
<p>Living Better Adult Day Center Phone: 314-542-6050 Fax: 314-542-6026 2032 Dorsett Village Center, Maryland Heights, MO 63043 Email: info@livingbetteradultdaycare.com Website: LivingBetterAdultDayCare.com Counties Served: Franklin MO, Jefferson MO, St. Charles MO, St. Louis MO, St. Louis City MO Description: <i>Living Better Adult Day Care is designed to meet the needs of adults living in the community with memory loss, physical conditions, or loneliness/social isolation. Activity based program with health care services available. Physical exercise, nutritious meals, mentally challenging and social activities offered every day.</i></p>	\$75 per day, \$40 per half day (four hours or less)	7:00 am - 6:00 pm Mon-Fri	Provided within area	Breakfast, lunch and snacks
<p>Seniors & Company Adult Day Health Care Phone: 636-926-2121 115 Piper Hill Dr., Ste. 100, St. Peters, MO 63376 Counties Served: St. Charles MO, St. Louis MO Description: <i>Seniors & Company Adult Day Health Care is a full service adult day care that specializes in Person Centerd care for your loved one.</i></p>	\$72 Level 1 \$75 Level 2 \$80 Level 3	7:00 am - 6:00 pm Mon-Fri	Handicapped seating available	Continental breakfast, hot lunch meal and afternoon snack
<p>St. Elizabeth Adult Day Care Phone: 314-772-5107 Fax: 314-772-3674 3401 Arsenal, St. Louis, MO 63118 Email: sjamiller@juno.com Website: www.seadcc.org Counties Served: Jefferson MO, St. Louis MO, St. Louis City MO Description: <i>St. Elizabeth Adult Day Care Center's mission is to provide a safe, comfortable, wholesome and stimulating environment for the aged and persons with special needs. We will accomplish this by operating as a Christian institution, by recognizing that each person, staff and participant is to be respected, loved and cared for as a Child of God.</i></p>	Call	6:00 am - 6:00pm Mon-Fri 7:00 am - 5:00 pm Sat.	Call	Breakfast, lunch and snack



Missouri Listings

ADULT DAY SERVICES - Missouri	Private Pay Rates	Hours	Transportation	Meals Provided
<p>Young in Spirit Adult Day Center Phone: 314-645-2411 Fax: 314-645-2007 St. Alexius Hospital, 2639 Miami Street, St. Louis, MO 63118 Email: llbrn72656@aol.com Website: www.Younginspiritadultdaycenter.com Counties Served: Jefferson MO, St. Louis MO, St. Louis City MO Description: <i>Our Mission is to provide a caring, compassionate, stimulating and fun environment which supports the capacity for self care, maintaining functional mobility and promotes positive feelings of dignity and self worth.</i></p>	\$85 daily-Sliding Scale	7:00 am - 6:00 pm Mon-Fri	Provided	Breakfast, lunch, nutritional snacks



Illinois Listings

ADULT DAY SERVICES - Illinois	Private Pay Rates	Hours	Transportation	Meals Provided
<p>Addus Evergreen Club Adult Day Service Phone: 618-433-9180 Fax: 618-433-9182 304 East Third Street, Alton, IL 62002 Email: jjorden@addus.com Website: www.addus.com Counties Served: Madison IL Description: <i>Funding assistance available for eligible adults through the Illinois Department on Aging, Rehabilitation Services, Veterans Affairs (VA). Reasonable private pay rates for hours spent at center based on client choice of days and hours.</i></p>	Contact director for current rates.	7:00 am - 5:00 pm	Transportation to and from home available for income-eligible clients; other reasonable options available for private paying customers.	Breakfast, lunch & afternoon snack
<p>Memorial Hospital - Senior Care Program Phone: 618-257-5900 4500 Memorial Drive, Belleville, IL 62226 Email: info@memhosp.com Website: www.memhosp.com Counties Served: Madison IL, Monroe IL, St. Clair IL</p>	N/A	N/A	Yes	N/A
<p>St. John's Community Care Phone: 618-344-0276 222 Goethe Avenue, Collinsville, IL 62234 Email: adultday@eldercareandmore.net Website: www.eldercareandmore.net Counties Served: Madison IL, St. Clair IL Description: <i>Socialize your loved one in a safe, supportive setting which is certified by the Illinois Department on Aging. Activities, nurse on duty, assistance with toileting, meals, medicine monitoring, beauty and barber services and physical needs.</i></p>	\$35 half day/ \$70 full day	6:00 am - 6:30 pm	Collinsville Senior Shuttle and Madison County Transit	Light breakfast, lunch and snacks

STAR TREK

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BOLDLY GO EXPLORE

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OCTOBER 28, 2011 - MAY 28, 2012

Appearing for the first time in St. Louis, *Star Trek: The Exhibition*, brings 45 years of authentic *Star Trek* artifacts to life. Learn how the series has influenced and inspired present-day science and technology.

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Not her love of reading.

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You need to control your ABCs.

If you have diabetes, you are at high risk for heart attack and stroke. *But you can fight back.* You can control the ABCs of diabetes and live a long and healthy life. Ask your health care provider what your **A**1C, **B**lood pressure, and **C**holesterol numbers are and ask what they *should* be. Then talk about the steps you can take to reach your ABC goals. You have the power to help prevent heart attack and stroke. Control your ABCs.

Talk to your health care provider today.

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Control the ABCs of Diabetes

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For a free brochure about the ABCs of diabetes, call 1-800-438-5383 or visit www.ndep.nih.gov.

A message from the National Diabetes Education Program, sponsored by the National Institutes of Health and the Centers for Disease Control and Prevention