

**ADULT DAY PROGRAMS**

Some older adults need assistance with daily activities and care, but do not need full-time placement in a rest home or nursing home. **Adult day services** give older people a place to go for care and supervision, activities and social contact with others. These programs are especially helpful for working caregivers or when family members need time off from the responsibilities of caregiving. Adult day programs can also provide much higher levels of stimulation and enrichment than one-on-one home care, and may be helpful for clients with memory loss who need to “use it or lose it.” Having a stimulating environment during the day can also help clients rest better at night.

Fees for adult day programs vary according to the amount of assistance the older person needs, but are much less expensive than providing in-home care for the equivalent amount of time. In some cases, payment may be arranged through sliding scale fees, subsidies, Medicaid (under the Community Alternatives Program), or the PACE program. Standard Medicare does NOT cover adult day care, nor do Medicare supplemental insurance policies. Long-term care policies may or may not cover adult day programs, depending on the terms of the policy.

Adult day programs can be licensed as “Social model” or “Health model”, or as combination centers. Health model and combination centers have a nurse present at least part-time; social model centers do not. Health model centers are necessary for clients who have complex medical situations, requiring the attention of a skilled nurse. Examples might be clients who are on oxygen, are tube-fed, need colostomy care, need insulin injections, or have wound-care needs. Also, clients who need more personal care assistance or a more one-to-one attention may be better served at a combination or health model center because there are more staff for the same number of patients. Clients who are relatively less impaired, have fewer medical needs, or need less hands-on assistance may feel more comfortable in a social model center.

**Group respite** programs may be staffed by volunteers or by paid staff, and are intended to give the caregiver a break for a few hours. Typically they offer a few hours of care at no charge or for a modest fee. They typically are designed for participants with relatively mild impairment and are **not** equipped or staffed to meet the needs of those with complex or unstable medical conditions.

**S = Social      C = Combination      R = Group Respite**

- C      Evergreen Adult Day Services ..... (919) 238-4738**  
3434 Kildaire Farm Rd., Suite 129, Cary, NC 27518
- C      Family Circle Elder Care .....(919) 773-1115**  
820 W. Garner Road, Garner, NC 27529
- S      Glade Adult Day Center at Glenaire, The .....(919) 447-4494**  
5000 Glenhope Court, Cary, NC 27511
- R      Millbrook Enrichment Center .....(919) 277-8628**  
Millbrook United Methodist Church, 1712 E. Millbrook Road, Raleigh, NC 27609  
(Mon, Wed, Fri: 9am-1pm)
- C      Ruth Sheets Adult Care Center .....(919) 832-7227**  
228 West Edenton Street, Raleigh, NC 27603
- C      SarahCare at Lake Boone Trail.....(919) 746-7050**  
2245 Gateway Access Point, Suite 101, Raleigh, NC 27607

- C Southeastern Wake Adult Day Center.....(919) 987-2798**  
3401 Carl Sandburg Court, Raleigh, NC 27610
- S Wake Forest Adult Day Care.....(919) 880-4278**  
3309 Rogers Road, Suite 117, Wake Forest, NC 27587

**Resources for Seniors, Inc:**

- C Total Life Center - Cary, Bond Park .....(919) 460-9008**  
110 Maury O’Dell Place, Cary, NC 27513 *(Next to Cary Senior Center)*
- C Total Life Center - Departure Drive .....(919) 873-1870**  
5124 Departure Drive, Suite 101, Raleigh, NC 27616 *(Off E. Millbrook Rd)*
- C Total Life Center - East Wake.....(919) 365-4248**  
323 Lake Drive, Wendell, NC 27591 *(Adjoins East Wake Senior Center)*
- S Total Life Center - Garner.....(919) 773-3790**  
201 Methodist Drive, Garner, NC 27529 *(Garner United Methodist Church)*
- R Total Life Center/ Saturday Daybreak.....(919) 713-1525**  
*(Alternates weekly between Departure Drive and Cary, Bond Park locations)*

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