

## Adult Day Services

### Assists

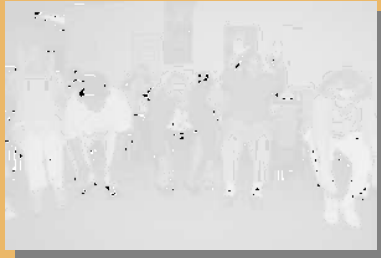
the client to maintain their maximum level of health and independence

### Stimulates & Supports

physical and mental functioning

### Provides

health management for the client and respite for family and other caregivers



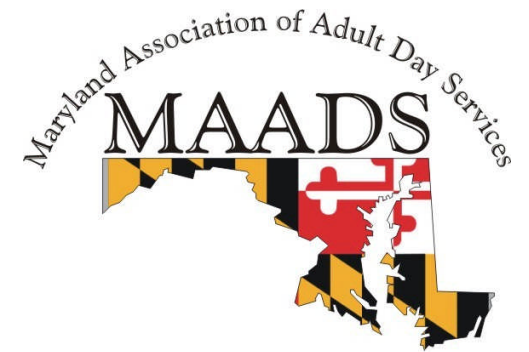
Armchair Exercise



*Preserving Maryland's Communities  
One Person at a Time*

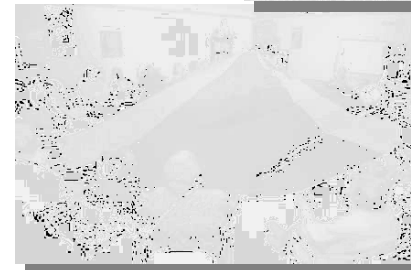
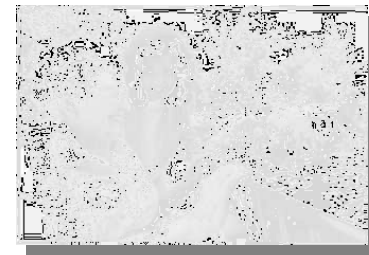
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c/o LifeSpan  
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Columbia, MD 21046

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## Adult Day Services

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One Person at a Time*



Toll Free 1-800-725-1300

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# Keeping your family member home for over 35 years

In 1970 the first Adult Day Services Center opened in Maryland. Now with over 134 centers, Adult Day Services has become one of



Transportation is provided to and from the facility. Some centers also provide transportation to and from doctors appointments.

the most valuable options in long term care. Centers are for profit, non-profit and government based. They vary in size and licensing capacity, serving any-

where from 20 to 150 participants per day. Some facilities provide services seven days a week.

ADS Centers are designed to serve adults who are functionally and/or cognitively impaired. Individuals with developmental disabilities, brain injury, cerebral palsy, mental illness and other medical disabilities are now benefiting from ADS programs.

All Adult Day Centers must be licensed by the State of Maryland or Local Health Department.



## Help Maintain Independence

Prevent or postpone institutionalization of loved ones who need supervision and assistance during



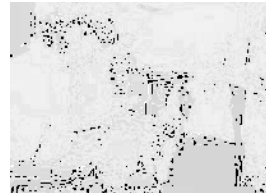
Individual & Group Activities to rekindle interests

the day. People want to remain independent. Adult Day Services helps maintain or even improve levels of functioning. These services allow participants to continue living in the community and receive daily assistance in the least restrictive environ-

ment – the Adult Day Services center.

## Services Provided or Arranged for:

- Transportation
- Recreational Therapy – individual and group activities/outings/daily exercise
- Registered Nurse – early recognition of problems/medication administration/treatment plans/individualized care planning
- Personal Care – assistance with toileting, mobility, dressing, bathing, eating
- Rehabilitation Therapy – Physical , Occupational and Speech Therapy
- Service Coordination
- Counseling
- Nutritious Meals and Snacks/Special Diets
- Emergency Services



## Paying for Adult Day Care

- Medical Assistance, Title XIX pays for services in approved centers. Medical Assistance recipients must be 16 years of age or older, have a physician's order for Adult Day Care and be certified as requiring nursing home care.
- Fee For Service– The participant pays privately for the service. Some centers may use a sliding fee scale.
- The Department of Health and Mental Hygiene supports services in some centers with State general funds. To be eligible, a participant must be 55 years of age or older, have significant health impairment, and qualify financially.
- Senior Care Program / Gap-filling funds may be available to pay for Adult Day Services for eligible adults 65 years or older.

Contact the individual ADS center for payment options.

## Where can I find services?

ADS centers are located in every county in Maryland. To Locate a center near you contact the **Maryland Association of Adult Day Services**

**1-800-725-1300**

or visit our website at

**www.maads.org**