

Adult Day Services

Adult Day Services are available at adult day centers based in communities statewide. Structured, comprehensive programs provide health, social, and related support services on a daily basis but do not provide 24-hour care as in a residential facility.

What do they do?

Adult Day Services include a large range of activities and services:

- Skilled nursing
- Health monitoring
- Rehabilitation
- Coordination of care
- Assistance with medications
- Personal care
- Care planning
- Outings, crafts and exercise groups
- Nutritious meals and snacks
- Overnight respite care
- Music
- Discussion groups

What are the benefits?

Adult day centers give adults the opportunity to continue to live in their own homes. Day centers can successfully separate housing from services and avoid the necessity of moving out of one's home and neighborhood. Adult Day Services improve or maintain health, independence, and, ultimately, quality of life.

How do caregivers benefit?

Caregivers who are employed can go to work knowing their loved one is safe and well cared for in an adult day center. Day services also provide "time off" or respite for a caregiver. Many programs specialize in care for those with Alzheimer's disease, Parkinson's disease, and other medical conditions.

What about the costs?

Adult Day Services are available at a reasonable cost. Most services have contracts with county social service programs that may cover the costs for those unable to pay. In addition, some long-term care insurance policies also authorize payment. Families may need guidance in determining which Adult Day Services program will fit their needs. Here are some helpful steps to use as a guide:

What does the family want or need for their loved one?

- A safe, secure environment
- Assistance with eating, walking, toileting, and medicines
- Social activities
- Therapies: Physical, Speech, and Occupational
- Nutritious meals and snacks
- Personal care: bathing, shampoo, and shaving
- Exercise
- Nursing, health monitoring: blood pressure, intake, weight, and medication administration
- Mental stimulation

What does the family need?

- Respite
- Coverage while caregivers are at work
- Support
- Transportation
- Overnight respite care
- Assistance in planning for care

Finding adult day centers

Refer to the Adult Day Services grid in this section of the *SeniorCare GuideBook* to find services close to the family's home. Also find Adult Day Services at www.leadingagemn.org

Encourage, Encourage, Encourage

Family members often need support to follow-up with calls to centers. Encourage them to schedule an appointment to visit the center(s) that can accommodate the needs of the caregiver and their loved one. Once in a center, it may take several visits for them to feel comfortable in the new setting and with a new routine. Families need reassurance from professionals they know and trust that this is a normal adjustment period.



Special thanks to LeadingAge Minnesota for their expertise on Adult Day Services.

Adult Day Services	Center details										Payer sources			Services							Additional details							
	Program capacity	Maximum group size	Daily rate	Weekday hours	Dementia mainstreamed	Dementia specific group	Secured environment	Transportation	AC / EW / CADI	Veterans Administration	Sliding fee / Financial assistance	Nurse on site	Nurse on call	Medication administration	Podiatry services	Personal care	Bathing	Beauty / Barber	Therapy (OT, PT, ST)	Music / Pet therapy	Wellness program	Intergenerational program	Caregiver support group	Spiritual care	On nursing home campus	Smoking allowed	Rest / Recliner area	Field trips
West Metro																												
Adult Day at Friendship Center Minneapolis (612) 781-2052	23	18	call for rate	9:00-3:00	■		☒	■	■		■	■	■	■	☒			■	■	■	■				■	■		
Adult Day Services at Millennium - English & Spanish Programs Edina (952) 681-7372	100	50	call for rate	8:00-5:00	■		☒	■		■	■	■	☒	■		■	☒	■	■	■	■				■	■		
Adult Day Services at Millennium - Russian Program Minnetonka (952) 930-2168	150	85	call for rate	8:00-5:00	■		☒	■		■	■	■	☒	■		■	☒	■	■	■	■				■	■		
AlterCare Adult Day Program SW Metro & Suburbs (952) 939-1511	20	20	\$81	7:30-6:00	■	■	☒	■	■		■	■		■	☒	☒	☒	■	■			■		■	■			
Angels on Main Adult Day Services Elk River (763) 241-6845	14	14	call for rate	7:00-5:00	■		☒	■	■		■			■	☒		☒	■	■		■	■			■	☒		
Augustana Open Circle of Apple Valley Apple Valley (952) 236-2524	31	15	call for rate	7:30-5:00	■		☒	■	■		■	■	☒	■	☒	☒	☒	■	■		■	■	■		■	■		
Augustana Open Circle of Heritage Park Minneapolis (612) 843-4940	32	15	call for rate	7:30-5:00	■	■	☒	■	■		■	■	☒	■	☒		☒	■	■		■				■	■		
Augustana Open Circle of Hopkins SW Suburbs (952) 935-8143	55	15	call for rate	7:30-5:00	■	■	☒	■	■		■	■	☒	■	☒		☒	■	■	■		■	■		■	■		
Buffalo Adult Day Center Buffalo (763) 684-0803	20	20	\$82+	8:00-4:00	■	■	■	■	■		■	■		■	■	☒	☒	■	■	■	■	■	■		■	■		
Camilia Club Adult Day Program Coon Rapids (763) 489-3637	40	20	\$74+	9:00-3:00	■	■	☒	■	■		■	■	☒	■	☒	☒	☒	■	■	■		■	■		■	■		
Campus Club, Martin Luther Campus E. Bloomington (952) 948-5154	18	18	call for rate	8:00-4:30	■		☒	■	■		■	■	☒	■	☒	☒	☒	■	■		■	■	■		■	■		
Catholic Eldercare by Day NE Minneapolis (612) 362-2405	39	39	call for rate	7:00-5:00	■	■	☒	■	■		■	■	☒	■	☒	☒	☒	■	■		■	■	■		■	■		
Creekside Club, Martin Luther Campus Bloomington (952) 888-5405	13	13	call for rate	8:00-4:30	■		☒	■	■		■	■	☒	■		☒	☒	■	■		■	■			■	■		

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West Metro																												
Dignity Adult Services Minnetonka (952) 229-4861	35	35	\$80	9:00 4:00	■	■	☒	■			■	■		■		■	☒	■	■		■				■	■		
Ebenezer Minneapolis Adult Day Program S. Minneapolis (612) 879-1499	30	30	call for rate	9:00 3:00	■		☒	■	■		■	■	■	☒	■	☒	☒	☒	■	■		■	■			■	■	
Ebenezer Ridges Adult Day Program Burnsville (952) 898-3085	36	36	\$86	7:00 5:00	■	■		■	■		■	■	■	☒	■	☒	☒	☒	■	■	■	■	■		■	☒		
Elim Oasis Adult Day Center Princeton (763) 631-1150	24	24	\$68	8:00 3:00	■	■	☒	■	■		■	■	☒	■	☒		☒	■	■	■	■			■	■	■		
Encore: Carver County ADS Program Waconia (952) 442-7660	22		call for rate	9:00 3:00	■	■	☒	■	■	■	■			■	☒			■	■	■	■				■	■		
Fairview Achievement Center Central Metro (612) 672-2815	40	40	call for rate	10:00 3:30		■		■		■	■						☒	■	■			■			■			
Glenn Hopkins - DayBridge Hopkins (952) 467-8963	24	24	call for rate	8:00 5:30	■	■	☒	■	■		■	■	■	☒	■	☒	☒	☒	■	■	■	■			■	■		
Legacy Adult Day - Spanish speaking Golden Valley (952) 212-9739	138	138	call for rate	8:30 3:00	■	■	■	■			■	■	■		■	■	■	☒	■	■		■			■	■		
Millennium Center for Performing Arts (MCPA) New Hope (763) 544-1109	45	40	call for rate	9:00 5:30	■	■	☒	■			■	■					☒	☒	■	■			■		■	■	■	
Minnesota Veterans Home Adult Day Center Minneapolis (612) 548-5963	35	25	\$0 to \$20	8:00 4:30	■	■			■	■	■			■	☒		■	■	■		■	■	■		■	■		
Mission Today NW Metro & Suburbs (763) 592-2666	25	15	call for rate	7:00 5:00	■	■	■	☒	■	■	■			■	☒	☒	☒	☒	■	■	■	■	■		■	☒		
Mount Olivet Day Services SW Minneapolis (612) 861-3305	35	35	call for rate	7:30 5:30	■	■	☒	■	■		■	■	■	☒	■	☒	☒	☒	■	■	■	■	■		■	☒		
Sojourn Adult Day Services Mound (952) 471-6080	50	50	\$80	8:00 4:00	■	■	■	☒	■	■			■	■	☒	■	☒	☒	■	■	■	■			■	■		

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West Metro																												
Struthers Parkinson's Center Golden Valley (952) 993-5495	25	25	\$85	M/W 10:00 3:30	■				■	■	■			■			☒	■	■		■	■				■		
Volunteers of America - Hmong DayElders S. Minneapolis (612) 455-0530	45	45	\$80+	9:00 3:00	■	■	■			■			☒					■	■	■	■	■				■	■	
Walker Methodist Senior Club S. Minneapolis (612) 827-8388	30	20	\$81	9:00 3:00	■		☒	■		■	■	■	☒	■	☒	☒	☒	■	■	■		■	■		■	■		

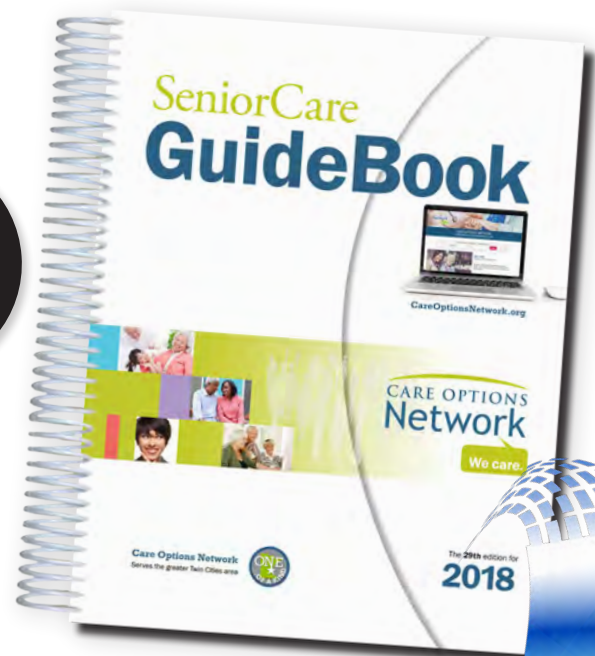
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East Metro																												
Amherst H. Wilder Adult Day Health Services General & Memory Loss (651) 280-2500	70	30	call for rate	6:30 5:30	■	■	☒	■	■		■		■	☒	■	☒	■	☒	■	■	■	■				■	■	
Boutwells Landing Adult Day Services Oak Park Heights (651) 275-5800	30	30	\$66	9:00 3:00	■	■		■	■		■	■	■	☒	■	☒	☒	☒	■	■	■		■	■		■	■	
Common Sense Services for Seniors Inver Grove Heights (651) 552-0288	20	20	call for rate	7:30 5:00	■			■	■			■	■	☒	■				■	■	■					■	☒	
Ebenezer DayBreak Adult Day Program Hastings (651) 438-9800	16	16	call for rate	9:00 3:00	■	■	☒	■	■		■	■	■		■	☒			■	■	■					■	■	
Millennium Center for Performing Arts (MCPA) Eagan (651) 452-0811	40	40	call for rate	11:30 5:30	■		☒	■	■			■	■						■	■					■	■	☒	
Roitenberg Family Adult Day Center St. Paul (651) 328-2015	30	30	call for rate	7:30 4:30	■	■	☒	■	■		■	■		■	☒	☒	☒	■	■	■	■	■	■	■	■	■	☒	
Salvation Army Lakewood ADC Maplewood (651) 779-9858	50	50	call for rate	7:30 5:30	■	■		■	■		■		■	☒	■	☒	☒		■	■	■	■	■			■	☒	

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