Adult Day Services

Adult Day Services are available at adult day centers in the community. Structured, comprehensive programs provide health, social and related support services on a daily basis but do not provide 24-hour care. Some providers offer virtual programming to engage and connect with participants from their own home.

What do they do?

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

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

What are the benefits?

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

How do caregivers benefit?

Employed caregivers 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. Programs can specialize in care for those with Alzheimer's disease, Parkinson's disease and other medical conditions, and may offer culturally specific care.

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, Veterans benefits and 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
- Social activities
- Nutritious meals and snacks
- Exercise
- Mental stimulation
- Assistance with eating, walking, toileting and medicines
- Therapies: Physical, Speech and Occupational
- Personal care: bathing, shampoo, shaving and incontinence support
- Nursing, health monitoring: blood pressure, intake,
- Weight and medication administration

What does the family need?

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

Finding adult day centers

Refer to the Adult Day Services grid in this section of the *The GuideBook* to find services close to the family's home. Also, find Adult Day Services at www.MNHelp.Info

Encourage, Encourage, Encourage

Family members often need support to follow-up with calls to centers. Encourage them to schedule a virtual or in person tour to hear more about the ways in which they and their loved ones can access support. 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.

PAGE KEY ■ Provided in base rent ☒ Extra charge

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 / Grooming	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
Active Day at Millennium – Russian Speaking Program Minnetonka (952) 930-2168	100	80	call for rate	8:00 5:00	■			☒	■		■		■			■		■	☒	■	■			■			■	■
Campus Club, Martin Luther Campus Bloomington (952) 885-8896	23	23	call for rate	8:00 4:30	■				■	■			■	■		■		☒	☒	■	■			■	■		■	■
Catholic Eldercare by Day NE Minneapolis (612) 362-2405	36	36	call for rate	7:30 4:30	■		■	☒	■	■		■	■	■	☒	■	☒	☒	☒	■	■		■	■	■		■	■
Ebenezer DayBreak Adult Day – St. Paul St. Paul (651) 326-4889	30	30	call for rate	8:00 4:00	■			☒	■	■			■	■		■			☒	■	■	■		■	■		■	■
Ebenezer Ridges Adult Day Center Burnsville (952) 898-3085	36	36	call for rate	8:00 3:30	■		■		■	■		■	■	■		■	☒		☒	■	■	■	■	■	■		■	■
Minnesota Veterans Home Adult Day Center Minneapolis (612) 548-5963	35	25	$0 to $20	8:00 4:30	■	■	■	■	■		■	■		■		■	☒		■	■	■		■	■	■		■	■
Mission Today New Hope (763) 592-2666	25	25	call for rate	8:00 4:30	■		■		■			■	■			■	■	☒	☒	■	■	■	■	■	■		■	☒
Mount Olivet Day Services SW Minneapolis (612) 861-3305	35	35	call for rate	7:30 5:30	■		■	☒	■	■		■	■	■	☒	■	☒		☒	■	■		■	■	■		■	☒
Open Circle of Apple Valley Apple Valley (952) 236-2524	26	15	call for rate	call	■			☒	■	■		■	■	■	☒	■	☒	☒	☒	■	■		■	■	■		■	■
Open Circle of Buffalo Buffalo (763) 684-0803	20	20	call for rate	8:30 2:30	■		■	☒	■	■			■	■	☒	■	☒	☒	☒	■	■			■	■		■	■
Open Circle of Heritage Park Minneapolis (612) 843-4940	26	15	call for rate	call	■		■	☒	■	■		■	■	■	☒	■	☒			■	■	■	■	■			■	■
Open Circle of Hopkins SW Suburbs (952) 935-8143	55	25	call for rate	call	■		■	☒	■	■		■	■	■	☒	■	☒			■	■	■	■	■			■	■
Open Circle of Princeton Princeton (763) 631-1150	24	24	call for rate	8:00 3:00	■				■	■			■	■	☒	■	☒		☒	■	■	■	■	■			■	■

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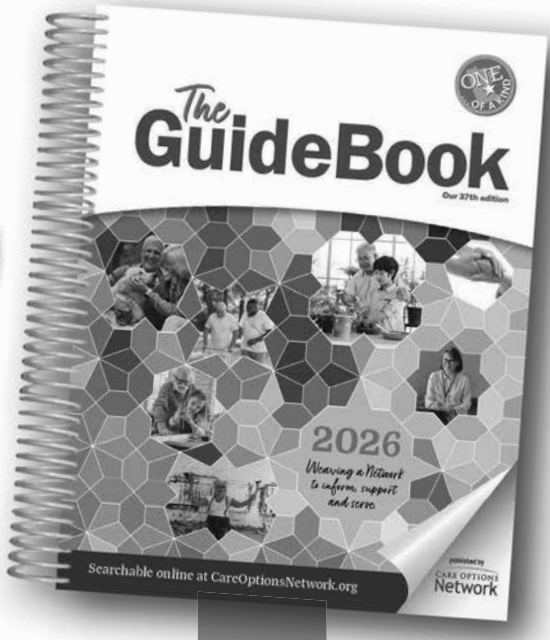
Adult Day Services

	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 / Grooming	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
Renaissance Adult Day Care – Coon Rapids (763) 433-2980	80	80	call for rate	9:30 3:30	■	■		☒	■	■			■			☒	☒		■	■	■	■	■	■			■	■
TLC Community Club Bloomington (952) 952-5596	12	12	call for rate	8:00 4:30	■				■	■			■	■		■		☒	☒	■	■			■			■	■

Looking for housing or services?

Online search available for older adults!

Website designed especially for older adults!



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• No fees!

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- Find phone numbers, rates, virtual tours and much more.

• Housing
• Home care and more!

CareOptionsNetwork.org

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