

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
- Health monitoring
- Music
- Coordination of care
- Assistance with medications
- Personal care
- Care planning
- Outings, crafts and volunteering
- Nutritious meals and snacks
- Overnight respite care
- Rehabilitation and mobility support
- 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
- Assistance with eating, walking, toileting and medicines
- Social activities
- Therapies: Physical, Speech and Occupational
- Nutritious meals and snacks
- Personal care: bathing, shampoo, shaving and incontinence support
- 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 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 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.

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Minnesota

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
Active Day at Millennium - Russian Program Minnetonka (952) 930-2168	100	85	call for rate	8:00-5:00	■		☒	■	■		■			■		■	☒	■	■						■	■		
Angels on Main Adult Day Services Otsego (763) 241-6845	14	14	call for rate	7:00-5:00	■	■	☒	■	■		■			■	☒	☒	☒	■	☒		■	■				■	☒	
Buffalo Adult Day Center Buffalo (763) 684-0803	20	20	call for rate	8:30-3:30	■	■	☒	■	■		■	■		■	■	☒	☒	■	■			■	■		■	■		
Campus Club, Martin Luther Campus Bloomington (952) 885-8896	12	12	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) 885-8896	12	12	call for rate	8:00-4:30	■			■	■		■	■	☒	■		☒	☒	■	■		■	■			■	■		
Ebenezer DayBreak Adult Day Program Hastings (651) 438-9800	16	16	call for rate	9:00-3:00	■	■	☒	■	■		■	■		■	☒			■	■						■	■		
Ebenezer Ridges Adult Day Center Burnsville (952) 898-3085	36	36	call for rate	8:00-3:30	■	■	☒	■	■		■	■	☒	■	☒	☒	☒	■	■	■	■	■	■		■	☒		
Elim Oasis Adult Day Center Princeton (763) 631-1150	24	24	call for rate	8:00-3:00	■		☒	■	■		■	■	☒	■	☒		☒	■	■	■	■	■	■		■	■		
Minnesota Veterans Home Adult Day Center Minneapolis (612) 548-5963	35	25	\$0 to \$20	8:00-4:30	■	■	■	■		■	■		■	☒	■	■	■	■	■		■	■	■		■	■		
Moments Adult Day Lakeville (952) 873-1700	20	call	call for rate	8:00-5:00	■	■	■		■		■	■	■				☒	■	■	■	■	■	■		■	■		
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	31	15	call for rate	call	■		☒	■	■		■	■	☒	■	☒	☒	☒	■	■		■	■	■		■	■		

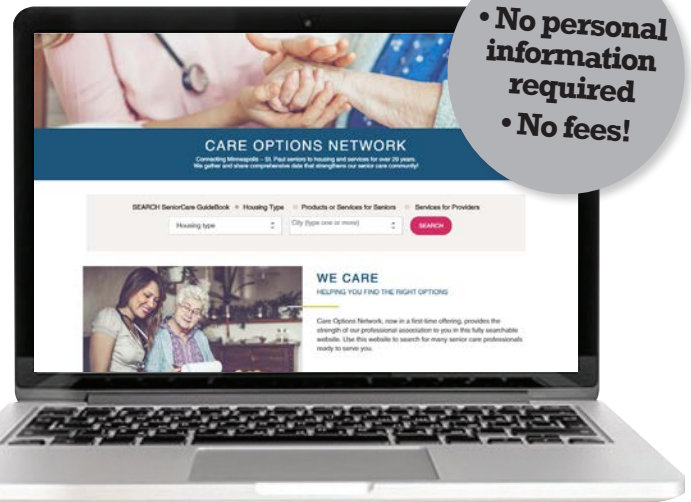
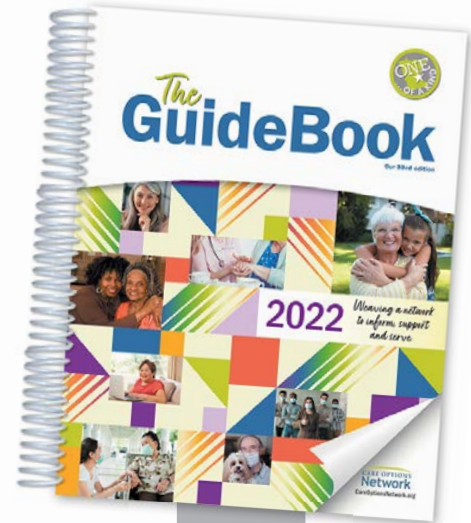
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Open Circle of Heritage Park Minneapolis (612) 843-4940	32	15	call for rate	call	■	■	☒	■	■	■	■	■	☒	■	☒	■	☒	■	■	■	■	■	■	■	■	■	■	■
Open Circle of Hopkins SW Suburbs (952) 935-8143	55	15	call for rate	call	■	■	☒	■	■	■	■	■	☒	■	☒	■	■	■	■	■	■	■	■	■	■	■	■	
Peace of Mind Care Center Minneapolis (612) 259-7523	54	15	\$80+	9:00 3:30	■	■	■	■	■	■	■	■	☒	■	■	■	■	■	■	■	■	■	■	■	■	■	■	
Sojourn Adult Day Services Mound (952) 471-6080	50	50	\$80	8:00 4:00	■	■	■	☒	■	■	■	■	☒	■	■	☒	☒	■	■	■	■	■	■	■	■	■	■	
Struthers Parkinson's Center at Park Nicollet Golden Valley (952) 993-5495	25	25	\$85	M/W 10:00 3:30	■	■	■	■	■	■	■	■	■	■	■	■	☒	■	■	■	■	■	■	■	■	■	■	

Looking for housing or services?

Online search available for older adults!



Website designed especially for older adults!



CareOptionsNetwork.org

CARE OPTIONS Network

We care.

Trust **The GuideBook** – serving the senior industry for over 30 years.

Older adults can use the same trusted, comprehensive tool professionals use to find senior housing and services – *The GuideBook*.

Care Options Network is a one-of-a-kind association proudly serving Minnesota.

What you'll find at **CareOptionsNetwork.org**

- Search for housing by city and type and see senior services, too!
- Find phone numbers, rates, virtual tours and much more.

• Housing
• Home care
and more!

(Discharge planners: Copy this flier to insert in your client discharge packets)