



## Adult Day Programs

Adult programs provide a variety of services including recreational and social activities, meals, personal care, physical and occupational therapy and counseling. Some adult day care programs specialize in caring for frail, older adults in need of supervision.

Adult day care may be appropriate for a person whose needs are ordinarily met by his or her own family members. Family members may have to work outside the home but are generally home in the evenings and on weekends. Many caregivers simply need a break during the week.

There are two types of adult day care programs:

**Social Adult Day Care** - Social adult day care provides social interactions, activities and meals in a supervised setting. Although social programs do not have medical care, staff in Social Day Programs maintain close contacts with the participant's caregiver in order to report observed changes in physical, mental or emotional condition.

### **The Centers at St. Camillus**

813 Fay Road  
Syracuse, N.Y. 13219  
315- 488-2951

The Social Day Program is offered Monday through Friday from 7:30 a.m. – 5:00 p.m. and serves adults 18 and older with cognitive and neurological impairments. The program provides: full and half day care, meals, oversight and supervision of health, personal care activities, and safety throughout the day, modified activities for individual cognitive and psycho-social impairments, maintenance and enhancement of activities of daily living to increase independence, caregiver respite, coordination of social, intellectual, cultural, educational, and physical activities – both group and individual, The opportunity to promote the highest level of physical, mental, and psycho-social functioning, assistance with arranging transportation, if needed. Admissions/Referrals: A simple phone call is all it takes to get started. A case manager will review your individual situation and needs. If the program seems right for you, a more comprehensive evaluation by our registered nurse and case manager will be conducted. They accept payment from Medicaid, private insurance and self-pay clients.

For more information on Adult Day Health at St. Camillus, please contact: Director of Day Programs, 315-703-0740.

### **Keepsake Village at Greenpoint - Social Day Program**

138 Old Liverpool Road  
Liverpool, NY 13088  
315- 451-4567

Open 8:30 to 5:00 Monday through Friday. A Social day care program specially designed to offer the assistance needed to improve daily stimulation of participants with Alzheimer's disease or memory loss. Caregivers receive peace of mind knowing their loved one is receiving quality care in calm and stress free environment. Open Monday-Friday, weekend days available upon request and availability. Call for fee schedule, self-pay/\$90/day.

### **Nascentia Health - Eldercare Social Day Program**

1050 West Genesee Street  
Syracuse, NY 13204  
315- 424-1003

Social Adult Day Program for the frail isolated elderly. Open 7 am until 5 pm, Monday – Friday. A program of health, social and related support services provided on an individual basis. Program provides an alternative to long term care. It assists the elderly adult to extend their independent living or ability to live with relatives. Age 60+. Call for interview appointment. Wheelchair accessible, interpreter provided when needed. There is a sliding scale, Medicaid, self-pay or Veteran's Benefits or LTHCP. The program is designed to create a social setting for participants and respite for their at-home caregivers. In order to create an environment that's both safe and fulfilling for all participants, there is a list of criteria that must be met in order to be admitted to the program: Must be able to benefit from the program.

- Must be able to remain safe while attending the program
- Must be able to be redirected
- Must be able to stand with the assistance of one to transfer to a chair or toilet
- Must have manageable incontinence
- Must attend a minimum of one day each week
- Must be present for lunch each day they attend the program

Medications are supervised by our trained staff and kept in a locked medicine cabinet. Special diets may be available and dietary needs should be discussed with the administrator or nurse manager. Program aides provide assistance with toileting, walking and eating if necessary, and the entire program site is handicap accessible. Tours available on request and a trial day can be arranged. Tour and trial days are at no-cost.

### **North Area Adult Respite Center (Located in Andrews Memorial United Methodist Church)**

106 Church Street – Steckel Hall  
N. Syracuse, NY 13212

Contact: Pat Paver- 315-695-2234 or 315-457-9443

Hours: Mondays 10:00 am – 3:00 pm

Serve adults in a social model setting including stroke patients who can help themselves somewhat, early stage Alzheimer's patients who do not wander and those who would

otherwise be isolated at home. They provide loving care for the elderly while the caregiver is worry-free to do their personal and family needs. A full-course nutritional meal is served to each participant at noon. Arts and crafts, entertainment, games, and puzzles fill the time. For more information, feel free to call Pat Paver at 695-2234. A contribution of \$10.00 dollars is requested, but no one is denied. The program is staffed by trained volunteers.

### **Salvation Army Social Day Program**

749 S. Warren Street  
Syracuse, NY 13202  
315- 479-1309

The Salvation Army's Social Day Program provides opportunities for socialization and wellness that support independence for our community's seniors. The Senior Center provides a warm and welcoming atmosphere that fosters a sense of community. Nutritionally balanced breakfasts and hot lunches are available for all participants. Seniors have the choice to participate in many programs, including computer instruction, yoga, exercise and strength training, falls prevention, diabetic support, health monitoring and education, ceramics and crafts, music, spiritual programs and personal enrichment. Support is provided for full participation by frail elderly who are at risk for institutionalization and/or nursing home care. Available services include transportation, referral to case management services and other community resources, assistance on outings and trips and caregiver support/assistance. A full time Nurse/LPN is on the Senior Center staff. Contribution-based and fee based upon need.

### **Self-Direct Social Adult Day**

80 Smokey Hollow Road  
Baldwinsville, NY 13207  
(315) 635-5374

<http://www.selfdirectsocialday.com>. Monday-Friday 9 am to 3 pm. The Self-Direct, Inc. Social Day Program "Without Walls" provides individually designed services, that take place in the community to improve and maintain the skills and abilities of participants to live as independently as possible in the community. The program will provide assistance, training, and supervision to individuals with varying abilities related to: Self-Care, Task Completion, Communication Skills, Interpersonal Skills, Problem-Solving Skills, Socialization, Sensory/Motor Skills, Mobility, Community Transportation Skills, Challenging Behaviors, and Financial Management. Provides Social Transportation to Community Outings. Nutritious meals planned daily by a licensed nutritionist. Accepts most insurance and private pay.

### **Silver Fox Senior Social Club**

22 East Genesee Street  
Baldwinsville NY 13027  
315-635-5335

The staff of the Silver Fox Senior Social Club are experienced and dedicated healthcare professionals with decades of experience. Several aides are New York State Certified Home Health Aides and bring with them a caring and personable attitude to assisting seniors with whatever support they may need in their daily routine at Silver Fox. Some very important

member benefits include assistance with personal care, medication reminders and assistance, as well as care with safety issues such as mobility. Lunch is provided and outings and activities.

**Hours:** Open Monday through Friday, 7:30 a.m. to 6:00 p.m. Contact:

[barb@SilverFoxSeniors.org](mailto:barb@SilverFoxSeniors.org)

## **Winds of Agape**

1414 Grant Boulevard  
Syracuse, N.Y. 13208  
315-425-0547

Winds of Agape Social Adult Day Program (SDP) provides services for individuals with Traumatic Brain Injuries (TBI), stroke, mild dementia, and respite care. Their day program offers activities such as; arts & crafts, cognitive exercises, games, guest musical artists, choral & dance performances, computer skills, exercise program, outings, volunteering and more.

**Medical Adult Day Care** - Medical Adult Day Care programs are staffed with at least one registered nurse to administer medicine and perform routine medical tasks, a social worker, therapists and other professional staff, as well as physician back up when needed. Medical model programs must have an affiliation with a licensed nursing home.

## **The Centers at St. Camillus**

813 Fay Road  
Syracuse, N.Y. 13219  
315- 488-2951

The Medical Day Health Program is offered Monday through Friday from 8:00 a.m. – 4:00 p.m. and serves adults 16 years or older who: Are returning home from a hospitalization and/or short/long term rehabilitation, require additional medical, rehabilitation, and support services to maximize health status, can increase independence so they can remain safely in their home, Have a progressive or chronic illness that has resulted in a gradual decline in health, require ongoing medical services and coordination of multiple services to maximize health and the ability to remain at home. The Medical Day Health Program offers: rehabilitation services, restorative therapies (OT, PT, SLT), nursing rehabilitation activities, medical Support – skilled nursing service, which includes the following: health assessment and monitoring, medical case management, Individual treatments, medication administration and management, pre-fill med boxes and insulin syringes, wound care and lab draws, case management, assistance in securing/coordinating medical care and appointments, arranging transportation to/from medical appointments, assisting with health insurance issues, assisting in accessing community resources; i.e. Medicaid, food stamps, and HEAP, personal care, personal care services which include showers, based on the need of the individual. Pay Sources: Medicaid and some long term care policies cover the cost of the program and transportation; Medicare does not. They develop a comprehensive individualized plan that coordinates our medical day program services

with any additional community services needed to remain living at home. Contact: Medical Day Program Case Manager, 315-703-0670.

### **Central Park Rehabilitation and Nursing Center – Adult Day Program**

116 Martin Luther King East

Syracuse, N.Y. 13205

315- 475-1641

Open Days, 7:00 am – 5:00 pm. Breakfast, lunch and snack, bathing, podiatry, therapy, beauty shop and other facilities are available. It is located in a skilled nursing facility. Adult Day Care Program - Central Park recognizes that family members are the major care givers for disabled adults, elderly parents, or chronically ill adults. Providing 24-hour care is a difficult task while attending to the needs of loved ones while trying to retain a job outside of the home and the usual daily activities. Adult Day Care gives the care giver the opportunity to reduce the feeling of stress, trying to do everything and reduces the feelings of guilt, knowing your loved one is cared for while you work, or when having the time to get caught up on the daily errands. While at Central Park Day Away Program your loved one will enjoy a safe and secure environment while you work, or while you have time to shop, keep your appointments and perform daily errands. Central Park offers two programs: The Bridge Program - The Bridge Program is designed for the participants who have recently been admitted to the rehabilitation/transitional care unit and who have reached a certain level of independence, but require additional monitoring and supervision of care. The Day Away Program - This program allows for additional time at the participant's pace all while living at home and receiving the additional support such as, medication administration, wound care or personal care services. Central Park provides enjoyable, supervised recreational activities such as, entertainment, music, daily exercise, cognitive stimulation activities, and creative art programs allowing for a chance to socialize with other adults. Nursing services are available with a Registered Professional Nurse who, along with a Licensed Practical Nurse and Certified Nursing Assistants, provides medication administration, wound care and personal care, such as bathing, toileting assistance and incontinence care.

### **Loretto - Daybreak Adult Medical Program**

161 Intrepid Lane

Syracuse, NY 13205

315- 498-4405

Open 6 days per week 8:00 am – 4:00 pm and all Holidays except for Thanksgiving and Christmas. Services: nursing, medication assistance, skill training and education, rehabilitative therapies, nutritional counseling and hot lunch, personal care, recreational activities including weekly community outings, entertainers, Tai Chi and wellness programs, hair dresser, case management and psychological services Fees: Medicaid, sliding scale fee, private insurance and self-pay. RNs, LPNs, and Certified Nurse's aides, Registered Dietitians, Therapists, Case Managers, Recreation staff. It is a community-based day program in a comfortable, safe environment, brings the individual's primary care doctor, specialists, case managers, and other representatives together to create a comprehensive health service plan. It focuses on prevention

to minimize hospitalizations including: Medication management, insulin shots, etc. through their nursing services, Nutritional services (i.e., daily lunch), Physical, occupational, and speech therapy, Personal care such as assistance with toileting, Pharmacy review of medications, Coordination of transportation. Requirements: Adult 21+ years old with a medical condition in need of assistance. Phone interview to determine type of service needed. There is an assessment day for RN to determine services and eligibility. Program obtains orders from PCP in order to complete enrollment. Continue eligibility by attending a minimum of 1 day/week for 5 hours. Contact: Christine Tanchak, Executive Director, at (315) 413-3708 or [ctanchak@lorettosystem.org](mailto:ctanchak@lorettosystem.org).

### **Loretto - PACE CNY**

Sally Coyne Center  
100 Malta Lane  
N. Syracuse, N.Y. 13212  
315-452-5800

McAuliffe Health Center  
115 Creek Circle  
East Syracuse, N.Y. 13057  
315-452-5800

PACE CNY provides an alternative to nursing home placement for people 55+ who have health problems that would qualify them for nursing home placement. An interdisciplinary health care team completes an in-depth health care evaluation and develops a comprehensive individualized care plan, based on medical and supportive needs. Services may be provided at a day center, the participant's home, the hospital, or a long term care facility as needed. Full range of services from case management through health care and medical specialties to transportation. On-call health coverage by M.D. and R.N. available 24 hours, 7 days a week, 365 days a year. Older adults who are frail, yet prefer to remain in their homes can be provided medical, social, rehabilitative and supportive services by the multidisciplinary health care team. The program is a Long-Term Care Managed-Care Program.

#### Admission Criteria:

- 55 years of age or older
- Resident of Onondaga County
- Able to live safely in community
- In need of long-term care service greater than 120 days
- Assessed to be eligible for nursing facility level of care

#### Cost/Payment:

Fees are completely covered for individuals eligible for both Medicare and Medicaid benefits. Those eligible for Medicare only are responsible for a monthly fee that may be paid through private payment or private insurance (with prior approval.)

Day Center attendance is based on an individual's needs and can range from once a month to once a week, to several days a week, as needed. The Day Center is a social daycare center with on-site medical care, nursing care, and rehabilitation therapy. The Day Center's large activity area is a place for participants to socialize, participate in activities and special program, enjoy entertainment, and share meals. Whirlpool bath and aqua therapy is available if determined

medically necessary by the PACE CNY team. There is also a personal care shower area. The services of a beautician are available on-site on a fee for service basis. PACE CNY provides transportation to the Day Center, at no cost. Transportation is not only provided between the home and Day Center, but also to appointments with specialists and other outside activities when family is not able to transport.

**Menorah Park Campus - Rothschild Adult Day Health Services**

4101 E. Genesee Street

Syracuse, NY 13214

315- 446-9111 ext. 137 or 128

Adult Day services (medical model) – Provides individuals with the opportunity to participate in a comprehensive health program. It offers structured, supervised health, nursing, recreational, social, nutritional, rehabilitation and social work services. Program runs Sunday – Friday 7:30 am – 3:30 pm. Physician’s referral and physical need eligibility. Wheelchair accessible. Private pay, VA Contract or Medicaid.