

AGING SERVICES DIVISION

Adult Day Health Services



**Aging
Services**

www.OKDHS.org

ADULT DAY HEALTH SERVICES

Adult day health centers meet the physical, social and emotional needs of older adults and those with disabilities. Adult day health centers provide the programs and support essential for successful caregiving. You can work or attend to personal matters worry free while your family member spends time with us. Security and the personal attention of staff with participants contribute to your peace of mind.



Adult Day Health Services



With adult day health services, everyone benefits:

For the participant:

- Individualized plan of care
- Opportunity to socialize
- Be a part of an active community

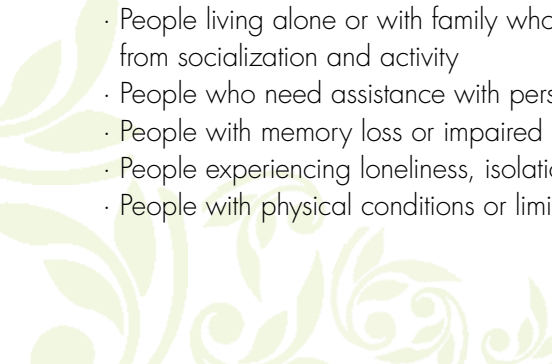
For the caregiver:

- A partner in day-to-day caregiving
- Respite – a chance to recharge
- Caregiving support, referrals and guidance

Adult day health services offer:

- Health monitoring and medication administration
- Experienced, respectful and caring professional staff
- Safe, supportive, supervised environment
- Socialization and recreational activities
- Assistance with personal care
- Nutritious lunches and snacks

Who attends adult day health centers?

- People living alone or with family who would benefit from socialization and activity
 - People who need assistance with personal care
 - People with memory loss or impaired judgment
 - People experiencing loneliness, isolation or depression
 - People with physical conditions or limitations or recuperating from illness
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Adult Day
Health Services



Testimonials:

"I cannot express to you enough what adult day health services means to me as a caregiver! I am the sole caregiver 24-7 and have no family to help me. Without adult day, I could not make it. I am able to grocery shop and just talk with friends."

"The adult day health center has been a life-saver for me since my husband died. I just didn't want to go on, but now I have friends and something to look forward to!"

"The adult day center has given me peace of mind in a time in my life when I didn't know what direction to go. This program is a blessing for my sister."



 **To learn more about Adult Day Health Services
or to locate a provider, contact:**

- Oklahoma Department of Human Services Aging Services Division
405-521-2281 <http://www.okdhs.org/programsandservices/aging/day/>
- Statewide Senior Info-Line
800-211-2116
- Oklahoma 2-1-1 Get Connected. Get Answers.
2-1-1
- Oklahoma State Department of Health
405-271-6868 <http://www.ok.gov/health/pub/wrapper/ltc.html>
- Oklahoma Area-wide Service Information System (OASIS)
405-271-6302
- Oklahoma Association of Homes and Services for the Aging
405-640-8040 www.okahsa.org (Check the Directory for Providers of Adult Day Health)

