What is Adult Day Health Care? Adult Day Health Care (ADHC) offers a medical model through an outpatient day program for older persons and adults with chronic medical, cognitive or mental health conditions and/or disabilities that are at risk of needing institutional care. A coordinated team of licensed professionals includes nurses, social workers, physical, speech and occupational therapists. We focus on medical, preventive and social care to improve health outcomes for our participants. An ADHC provides a safe and supportive environment which allows the caregiver respite (time away from caregiving duties). Adult Day Health Care services are licensed by the California Department of Public Health and the California Department of Aging.

What services do you provide at Marin Adult Day Health Center (MADHC)?
Our social, health and therapeutic services at MADHC include the following: nursing care, monitoring health status, assistance with medications, personal care, (such as assistance with toileting and grooming), health education, liaison with personal physician, rehabilitation, nutrition, social work, and recreation. We also offer a nutritionally-balanced hot lunch and a light breakfast every day.

Do you provide transportation for program participants? Our staff arranges door-to-door round trip transportation in wheelchair-accessible vans.

Who will care for my loved one? Here at Marin Adult Day Health Center, our goal is to foster your loved one’s independence and to improve their quality of life and well-being. Our highly-skilled and culturally competent staff are recognized for their expertise and ability to make all people feel welcome. Our team includes a Registered Nurse, Social Worker, Activities Coordinator, and other highly trained professionals who specialize in caring for the elderly and adults with disabilities.

What are your fees? Are they covered by insurance? Fees are paid in various ways:

- If an individual is eligible for MediCal, the daily fee can be covered by the participants’ Medi-Cal benefit with prior approval.
- The Veterans Administration will cover the fee for qualified veterans.
- Private pay option is available and the fee is determined on a sliding scale according to income and assets.

Medicare does not cover adult day health services. Some long-term care policies do contribute to the cost of this program. Check your policy for specific information.

(Continued on reverse side.)
Describe a typical day at Marin Adult Day Health Center
Participants arrive at the Center by wheelchair accessible van (public paratransit service of MADHC) or with their family members. Participants start the morning by enjoying a light breakfast with their friends and staff. Designated activities begin for the participants in small or large groups or independently—based on the person’s interests and care plan. Throughout the day, participants are assisted with their personal care needs by Program Aides. A hot nutritious lunch is served at noon after which activities resume until participants leave to go home.

Can I drop by at any time to tour the Center?
We welcome informal visits at any time. The best time to observe scheduled activities and tour the Center is between the hours of 10:00 AM and 12:00 PM and between 1:30 and 3:00 PM.

What is the enrollment process?
A social worker will respond to your inquiry and schedule you for a Center visit. During your visit, the social worker will explain more about the program, give you a brief tour and a packet of Center information. You will then be scheduled for a three-day assessment which will be used to develop a care plan.

How many days does my family member need to attend? Participants may attend the program from one to five days per week based on medical necessity and participant and/or family needs.

Can I drop off my loved one just when I need a break? We are unable to provide drop-in respite care.

What do I do when my loved one says they are just fine at home alone and don’t need day care?
MADHC’s specialty is to provide a warm, friendly community staffed by experienced care providers. Even people who were never particularly interested in group activities almost always adjust to the daily routines and benefit from the stimulation and opportunities for socialization. We recommend that you try to minimize or eliminate their choice to not attend the program. Many participants develop friendships within a week or two.

What do people say about Marin Adult Day Health Center?
Our dedicated and highly trained staff is devoted to ensuring that each participant receive the best experience with us. Many of our success stories demonstrate amazing results from the program.

“My father is happier and more engaged on the days he attends MADHC.”

“My brother now has his own community. He is building relationships. He feels like he has his own life.”

“It would be hard to find another program that provides so many services.”

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For more information or to make a donation, visit: MarinADHC.org

LifeLong Medical Care provides high-quality health and social services to people of all ages; creates models of care for the elderly, people with disabilities, and families; and advocates for continuous improvements in the health of our communities. LifeLong Medical Care operates health centers in Alameda, Contra Costa and Marin counties. We currently serve over 44,000 patients in 234,000+ visits annually.