

Adult Day Health Care

West Suburban Senior Services' Adult Day Health Centers are designed to provide care and companionship for seniors who need assistance or supervision. The program offers relief to family members or caregivers and allows them the freedom to go to work, handle personal business or just relax while knowing their relative is well cared for and safe.

The Adult Day Health Centers specialized programs are designed to help older and impaired adults live as normal and happy lives as possible, while remaining in the familiar environment of their own homes and communities. The Adult Day Health Center programs promote maximum independence for the older adult and create opportunities for companionship and socialization. The agency's two sites are located at (OARS) 712 East Elm in LaGrange and 439 Bohland in Bellwood.

Goals The goals of the programs are to delay or prevent long term care (nursing home) by providing alternative care, to enhance self esteem and to encourage socialization.

Staff and Services The staff at each of the Adult Day Health Centers work together to create an environment that is safe, secure and stimulating. A registered nurse monitors medications and health needs. A social worker offers support services to participants and families. The activity staff plan activities, exercises and recreational programs, keeping in mind the abilities, attention spans and interests of all the participants.

Costs The monthly contributions are based on a sliding scale according to the participant's monthly income and the number of days attended per week. Clients are encouraged to attend five days per week and there is a two day per week minimum attendance. Residents of Berwyn, Cicero, Lyons, Brookfield and Riverside townships may be eligible for support from the Illinois Department on Aging. Veterans may be eligible for a Veterans Administration contract, which assists with the monthly contribution.

The Adult Day Health Centers are for you as a participant if you would like to meet new friends, if you would like to be a part of a unique group of seniors in a pleasant and comfortable environment, or if you need assistance with activities of daily living. The Adult Day Health Centers are for you as a caregiver if you need a break from the constant care of an elderly relative, if you work and don't want to leave an elderly person alone during the day or if your elderly relative requires supervision, assistance or socialization.

Adult Day Care is just one of the many services offered by West Suburban Senior Services since 1972. West Suburban Senior Services' Adult Day Health Centers have served thousands of senior citizens and their families and have been recognized as a leader in the adult day care field, as well as having served as a model for similar programs. For more information, telephone Pamela Williams, MS, Adult Day Healthcare Director at (708) 547-5600 ext. 301.