Adult Day Health Services
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.
With adult day health services, everyone benefits:

For the participant:
- Individualized plan of care
- Opportunity to socialize
- 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 who have a primary caregiver that needs a break from their care giving duties
- People who live with family that could benefit from socialization and activity
- People who need assistance with personal care
- People with memory loss or impaired judgment
- People with physical conditions or limitations or recuperating from illness
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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.”
Additional Resources:

- Oklahoma Human Services
  Community Living, Aging & Protective Services
  405-521-2281  https://oklahoma.gov/okdhs/services/aging/padhs.html

- Statewide Senior Info-Line
  800-211-2116

- Oklahoma 2-1-1 Get Connected. Get Answers.
  2–1–1

- ADvantage Waiver Members
  Contact your case manager - If unknown call 918-933-4900 Option 0

- Caregiver Resources
  www.OKCares.org

- Medicare and Medicines Assistance
  https://oklahoma.gov/okdhs/medicareandmeds/mippaci.html