

## Nursing services

Individuals who have Alzheimer's and other related dementias, developmental or physical disabilities, hypertension, cardiovascular diseases, and other impairments **are encouraged** to use Adult Day Services. Licensed nursing staff are available daily to prevent critical events such as falls, ER visits, and hospitalizations. Services provided by on site professionals include:

- Health education, such as Matter of Balance, Diabetes Self-Management, and Enhance Fitness Programs
- Insulin care and injections
- Medication dispensing and health monitoring
- Personal lavatory assistance
- Physical, occupational and speech therapy services

\*Some services may be available at an additional charge\*

Clara E. lives with Alzheimer's Disease. Originally from Europe, her husband has since passed away and her children work long hours. She attends Adult Day Service four times per week. Because of her illness, Clara often becomes confused and relies on others to help her remember to eat, take her medicine, dress herself, and be social. Without the supervision from Adult Day Service, Clara would be at home, alone and unsupervised. There would be no one to assist her in performing active daily living or even to protect her from, for example, wandering out into the street. Without Adult Day Service, Clara would need to be in a public nursing facility as her children cannot afford private care.

*-Clara E., an Adult Day Service Participant*

**To find an ADS center near you, or to see what kinds of Community Care Program services you may be eligible to receive, contact us.**

### For Additional Information

please contact the Department or visit our website.

[www.illinois.gov/aging](http://www.illinois.gov/aging)

**Department on Aging  
One Natural Resources Way, #100  
Springfield, Illinois 62702-1271**

### Senior HelpLine:

1-800-252-8966 (toll-free)  
1-888-206-1327 (TTY)

Monday through Friday  
8:30 a.m. to 5:00 p.m.

[Aging.ilsenior@illinois.gov](mailto:Aging.ilsenior@illinois.gov)

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The Illinois Department on Aging does not discriminate in admission to programs or treatment of employment in programs or activities in compliance with appropriate State and Federal Statutes. If you feel you have been discriminated against call the Senior Helpline at 1-800-252-8966, 1-888-206-1327 (TTY).

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State of Illinois  
Department on Aging

## Adult Day Service

*...support during the day, so that you  
can prepare for tomorrow.*



A Service of the Community Care Program





"Adult Day Service has been a wonderful experience for my husband and me. It has been a miracle that I could continue to work, while my husband can feel that he has a sense of purpose. Adult Day Service allows him to stay active, and he is still able to play the piano and visit with his new friends."

*-Kathleen W., wife of an Adult Day Service Participant*

## What is Adult Day Service (ADS)?

Designed especially for older adults who want to remain in their community but who cannot be home alone during the day due to physical, social, and / or mental limitations. ADS can provide respite for family caregivers including those who are employed outside the home and those who need a break from the 24-hour caregiving role. A cost-effective option that provides:

- Assistance with activities of daily living
- Medical monitoring and supervision in a secured environment
- Socialization for isolated adults
- Therapeutic recreational activities

## Who can qualify for ADS?

You are eligible for ADS services if:

- You are age 60 or older;
- You are determined physically in need of services and supports based on the comprehensive assessment tool;
- You are a resident of the State of Illinois;
- You are either a U.S. citizen or an eligible non-citizen within the specific categories;

- You meet the asset requirements; and
- You agree to apply, and if found eligible, enroll for Medicaid benefits on an annual basis.

## Stepping in When You Need to Step Out

There are over 70 Department on Aging contracted Adult Day Service centers in the State of Illinois. Almost 90% of ADS participants are between the ages of 60 and 90. People who receive ADS are more likely to live with children - which are employed during the day and need their loved one to attend ADS. Hours vary per center; however, most centers are open Monday - Friday, with some open on Saturdays & Holidays.

## Adult Day Service is for Caregivers who need:

- Assistance in decreasing caregiver stress
- Education and community resources

"Adult Day Service filled a void in my mother's life. I had to relocate her to Peoria, Illinois when she became ill. She had to leave her comfortable home and familiar community; however, she found solace within Adult Day Service. My mom raved about it all the time and couldn't wait for the days she attended the programs. She spoke highly of the work everyone did for the participants and the excellent care she was given."

*-Denise W., daughter of an Adult Day Service Participant*

- Encouragement and support groups
- Social interaction and personal time for themselves

## What is available at Adult Day Service? Will I like it?

Adult Day Service provides personalized attention, so no one is left alone. Your person-centered plan of care will be followed by trained professionals who are there to assist you and provide you with a neighborly experience outside your home. Most ADS sites have:

- Arrangement for transportation and accompaniment to medical appointments
- Arts and crafts
- Daily exercises, focusing on lower body strength, balance, and lower and upper body flexibility
- Nutritious meals and snacks served during the day
- Opportunities to learn new or enhance old hobbies
- Opportunities to make intergenerational friendships
- Outings within the community