

## Services Provided

The services we offer are designed to meet the needs of the individual participant and include...

- ⇒ A comprehensive assessment
- ⇒ Goal-oriented plan of care
- ⇒ On-going assessment of progress toward goals
- ⇒ Two snacks and a hot noon meal
- ⇒ Modified diets
- ⇒ Curb-to-curb transportation
- ⇒ Specialized dementia programming
- ⇒ Assistance with personal care
- ⇒ Assistance with medications
- ⇒ Group and individual exercises
- ⇒ Modified sports such as bowling, volleyball, and shuffleboard
- ⇒ Crafts, ceramics, watercolor and acrylic painting classes
- ⇒ Live entertainment
- ⇒ Music and dancing
- ⇒ Field trips and outings

## Group Activities

Participation in group activities is encouraged because the social environment becomes therapeutic in itself. By providing mental stimulation and emotional satisfaction, the group activities lead to a renewed interest in life. Group activities include exercises, fine arts, crafts, games, entertainment, discussion groups, and field trips.

*Doing Life Together*

## Hours & Location

The **Placerville Center** is open Monday through Friday from 8:30am to 4:30pm with extended hours available. The Center is located in Placerville at 935A Spring Street between the County Health Department & Placerville Senior Center.

The **El Dorado Hills Center** is open Monday through Friday from 8:30am to 4:30pm. The Center is located on the corner of Lassen Lane & El Dorado Hills Boulevard.

## Volunteers

Volunteers enrich our programs and the lives of our participants. The therapeutic value of volunteers cannot be overestimated. To individuals possessing patience, compassion and the ability to work with frail older adults, we offer a variety of volunteer opportunities including part-time and on-call positions involving direct and indirect care of our participants. Call us today for more information.



**SENIOR DAY CARE  
Services**  
of El Dorado County

Licensed by the California Department of Social Services,  
Community Care Licensing Division, License #090312340 and #097005326



Revised July 2014

# Senior Day Care Services

Sharing the Caring Since 1989



EL DORADO COUNTY  
AREA AGENCY ON AGING



EL DORADO COUNTY  
HEALTH AND HUMAN SERVICES  
AGENCY

### Placerville Center

935A Spring Street, Placerville, CA 95667  
Phone: 530.621.6180 Fax: 530.663.8418

*Now Open!*

### El Dorado Hills Center

990 Lassen Lane, El Dorado Hills, CA 95762  
Phone: 916.358.3560

Email: [sdinfo@edcgov.us](mailto:sdinfo@edcgov.us)

Website: [www.edcgov.us/humanservices](http://www.edcgov.us/humanservices)

# A World of Activity for Body, Mind, and Spirit



## The Day Center

*Where Strangers Become Family*

The Day Center is a good choice for older adults who need care and supervision during the day. The warm, nurturing, and friendly setting offers a world of activity for body, mind, and spirit helping adults to remain active and involved in the world around them. It is a place where friendships blossom while participants enjoy activities designed to add meaning to their lives, improve mental and physical functioning, and increase their sense of worth. In addition, the Center provides families with peace of mind and the opportunity to take a break from their caregiving responsibilities or continue their employment.

**At the Senior Day Care Center, all people are valued and recognized for the unique individuals they are by a staff that is warm, nurturing, fun and absolute masters at filling each day with meaning, laughter and love.**

## Cost for Services

Our fees are very affordable, especially when compared with the cost of in-home care, a care home, or other alternative. There are many possibilities for subsidized enrollment. Participants may attend one to five days a week. The daily fee is discounted the more often you attend.

## The Right Setting

- Supportive, active environment focuses on positive aspects of person's abilities
- Safe, supervised setting provides caregivers peace of mind
- Group activities & peer interaction reduces loneliness & isolation for participant
- Community-based focus maintains connection with formal & informal support network

## The Right Team

- Trained staff members look at the whole person's needs, regularly sharing information & observations to provide services customized for the individual
- Over 100 years of combined caregiving experience

## The Right Outcomes

- Social setting reduces depression caused by isolation & loss
- Prevention focus reduces emergency room visits
- Physical activities & therapy reduce risk of falls & improves ability to live safely at home
- Improves quality of life & slows cognitive loss
- Prevents premature institutionalization

## The Right Value

- Costs less than in-home care, assisted living, or nursing home care
- Multiple services under one roof for one fee
- Helps both the participant & the caregiver

**The Right Choice!**



## Specialized Dementia Care

Recognized as a day care leader, we have been specializing in dementia care for over 24 years. Targeting persons in early to moderate stages of Alzheimer's disease and related dementias, we are able to maintain optimal functioning of each individual's physical and mental health over the inevitable course of the disease, enabling them to remain living at home for as long as possible, and preventing premature nursing home placement.

## Free Caregiver Support Services

- ⇒ Individual consultations
- ⇒ Information and referral
- ⇒ Caregiver support groups
- ⇒ Free lending resource library
- ⇒ Education and training

*"The doctor said Mom would have been in an institution by now if we hadn't enrolled her in the day care program."*

*Senior Day Care Services provides a comfortable, safe, and protective environment for its participants*