

What is Adult Day?

Adult day is a community-based program that provides daytime care, support, and supervision for older adults and adults with disabilities. It creates a safe, engaging environment where participants can build connections, join activities, and receive needed health and personal support—all while continuing to live at home.



Who Benefits?

- **Participants:** older adults, those with dementia, or individuals needing daily support
- **Families and caregivers:** peace of mind, respite, and extra help
- **Communities:** stronger connections and reduced healthcare strain

What Services & Supports are Offered?

- Social and recreational activities
- Nutritious meals and snacks
- Health monitoring
- Medication assistance
- Help with daily living needs
- Transportation services (varies by program)
- Caregiver support and education

Why it Matters

- **Improves quality of life:** Keeps participants active, social, and at home longer.
- **Supports caregivers:** Provides respite and peace of mind.
- **Strengthens community:** Reduces isolation and builds local connections.
- **Cost-effective:** More affordable than full-time residential care.

Find Adult Day Near You

- [Find Adult Day Near You](#)
- [Contact your local Area Agency on Aging](#)

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