



1110 Navaho Drive, Fourth Floor, Raleigh, NC 27609
(919) 872-7933 • www.resourcesforseniors.com
Services and information for older adults and adults with disabilities
in Wake County, North Carolina

ADULT DAY PROGRAMS

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Adult day programs, also called **adult day services**, provide an organized day program of socialization and activities, in a safe, supervised, community group setting. These services can be a beneficial resource for caregivers who are working or who could use time off from the responsibilities of caregiving. Different models are available, depending on the level of care required. The amount of days a participant attends per week or month can vary according to their preferences and needs. **Call several locations to arrange site visits. Most locations offer a free “trial day.”**

Types of Adult Day Programs

- **Social adult day programs** (“**social model**,” or sometimes called “**adult day care**”) promote participants’ social, physical, and emotional well-being through a structured program of activities designed to meet individual needs and interests. Staff provide supervision and assistance to participants as needed. A nutritious meal and snacks, as appropriate to the program, are also provided. Individuals who require less supervision and assistance, and have fewer medical needs, may feel more comfortable in a social model program.
- **Adult day health programs** (“**health model**” or “**combination model**”) provide similar activities and programming as social adult day programs, but also have a nurse present for at least 4 hours per day. This allows them to accommodate the needs of participants who may have chronic, complex, or unstable medical conditions (for example: individuals who are on oxygen, are tube-fed, need colostomy care or insulin injections, or have wound-care needs). Nursing supervision can enable such participants to achieve and maintain their optimum level of independence, and provides an additional support to caregivers. A health model may also be more appropriate for individuals who need more personal care assistance or one-on-one attention; in general these programs have a higher staff-to-client ratio.
- **Group respite** programs may be staffed by volunteers, and are intended to give caregivers an occasional short break. They are often *not* equipped to meet the needs of those with complex needs or unstable medical conditions.

Paying for Adult Day Programs

Adult day program participation fees are typically quoted per day, and vary according to the amount of assistance a person requires. In Wake County, a typical rate may be \$45-\$90 per day. This is less expensive than hiring an in-home care provider for the equivalent amount of time. Standard Medicare does NOT cover adult day program attendance, nor do Medicare supplemental insurance policies. Long-term care policies may or may not cover adult day programs, depending on the terms of the policy. In some cases sliding scale fees, scholarships, or grant money may be available to offset the cost of attendance.

- Evergreen Adult Day Services** www.evergreenadultdayservices.net 919-238-4738
 3434 Kildaire Farm Road, Suite 129, Cary, 27518
Health model for adults of **all ages**. Up to 35 participants.
- Family Circle Elder Care** www.familycec.com..... 919-773-1115
 820 W. Garner Road, Garner, 27529
Health model for adults of **all ages**. Up to 16 participants.
- The Glade Adult Day Center** www.glenaire.org/the-glade..... 919-447-4494
 Glenaire Continuing Care Retirement Community, 5000 Glenhope Court, Cary, 27511
Social model for **ages 62+**. Up to 16 participants.
- Millbrook Enrichment Center** www.millbrookumc.org/enrichment-center 919-277-8628
 Millbrook United Methodist Church, 1712 E. Millbrook Road, Raleigh, 27609
Group respite for **ages 60+**. Staffed by volunteers. Only open Mondays, Wednesdays, and Fridays from 9 AM to 1 PM.
- Resources for Seniors Total Life Centers** www.totallifecenters.org
- Cary Bond Park TLC**..... 919-460-9008
 110 Maury O'Dell Place, Cary 27513 (next to the Cary Senior Center)
Health model for adults of **all ages**. Up to 29 participants.
- Eastern Wake TLC**..... 919-365-4248
 323 Lake Drive, Wendell 27591 (next to the Eastern Wake Senior Center)
Health model for adults of **all ages**. Up to 25 participants.
- Garner TLC**..... 919-773-3790
 Garner United Methodist Church, 201 Methodist Drive, Garner 27529
Social model for adults of **all ages**. Up to 41 participants.
- Raleigh TLC** 919-873-1870
 5124 Departure Drive, Suite 101, Raleigh 27616 (Off of East Millbrook Rd)
Health model for adults of **all ages**. Up to 88 participants.
- Saturday Daybreak Program**..... 919-713-1525
 Location alternates between Cary Bond Park and Raleigh TLCs.
Group respite for adults of **all ages**. Only offered on Saturdays.
- Ruth Sheets Adult Care Center** www.esumc.org/ruth-sheets-adult-care-center . 919-832-7227
 Edenton Street United Methodist Church, 228 W. Edenton Street, Raleigh 27603
Health model for **ages 50+**. Up to 32 participants.
- SarahCare at Lake Boone Trail** www.sarahcare.com 919-746-7050
 2245 Gateway Access Point, Suite 101, Raleigh 27607
Health model for **ages 55+**. Up to 51 participants.
- Southeastern Wake Adult Day Center** www.sewake.com/adult-day 919-212-8580
 3401 Carl Sandburg Court, Raleigh 27610
Health model for adults of **all ages**. Up to 48 participants.
 Also offers overnight respite.
- Wake Forest Adult Day Health** www.wakeforestadultdaycare.weebly.com 919-880-4278
 3309 Rogers Road, Suite 117, Wake Forest 27587
Health model for adults of **all ages**. Up to 11 participants.