## Adult day centers offer an opportunity for older adults with physical and cognitive disabilities to socialize outside of their homes and can provide daytime respite for caregivers.

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### Adult Day Program Terms To Know

## **Adult Day Care (ADC)**: A program which provides day time socialization, meals, and activities primarily for persons with physical and/or mental limitations. Participants return home each evening. Often used as respite for those caring for an older adult who cannot safely be left alone at home.

## **Adult Day Health (ADH)**: A program primarily for persons with physical and/or mental limitations which provides all the services of ADC and therapeutic activities facilitated by Registered Nurses, therapists, and other service providers.

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## Adult Day Programs

All facilities provide both Adult Day Care (ADC) and Adult Day Health (ADH) services unless otherwise indicated. Information on payment options is under “Financial Aid” on page 3.

**King County Senior Hubs(NEW)**

Senior Hubs serve as recognized resource centers on aging services and provide support, outreach, connection, and opportunities for social engagement to elders throughout King County.

Mon-Fri, 8am to 5pm

(206) 263-9105

<https://kingcounty.gov/depts/community-human-services/adult-services/older-adults-caregivers/senior-hubs.aspx>

401 5th Ave., Suite 500 Seattle, WA 98104

**Kline Galland Polack Adult Day Center**

Provides ADC services with kosher meals and a Jewish heritage focus. Accepts private pay. Open Mon-Thurs.

(206) 725-8800

<https://www.klinegalland.org/care-options/kline-galland-home/>

7500 Seward Park Ave S Seattle, WA 98118

**Legacy House**

Provides ADC and ADH services primarily for Asian older adults. Staff members speak 15 different languages.

Open Mon-Fri 10AM - 2PM.

(206) 521-4124

[www.legacyhouse.org](http://www.legacyhouse.org/)

Email: [information@legacyhouse.org](mailto:information@legacyhouse.org)

803 S Lane St Seattle, WA 98104

**Mercer Island Senior Social**

Provides social opportunities for senior adults who have physical, memory, hearing, or visual limitations as well as frail or isolated older adults. Activities on Tues, Weds, and Thurs.

Contact hours, 10AM - 2PM.

(206) 275-7843

Contact: Leslie Sylvetsky

8236 SE 24th St Mercer Island, WA 98040

**Northshore Senior Center Adult Day Program**

Provides ADC, ADH, and specialized programs for people experiencing physical and cognitive conditions with specialized programs. Serves people in King and Snohomish counties. COPES, SCSA, VA, respite, and private pay accepted on a sliding-fee scale for low-income participants. Mon - Fri 10AM - 2PM.

(425) 488-4821

[https://www.northshoreseniorcenter.org/programs-services/#1603576331394-cfed7a1d-5bf1](https://www.northshoreseniorcenter.org/programs-services/" \l "1603576331394-cfed7a1d-5bf1)

10212 E Riverside Dr Bothell, WA 98011

**Old Friends Club**

Provides ADC services in multiple Eastside locations. A place of friendship for people with memory loss and a healthy break for caregivers. Private pay and most long-term care insurance are accepted. Financial assistance may be available.

(425) 681-9776

[www.oldfriendsclub.org](http://www.oldfriendsclub.org/)

Email: [welcome@oldfriendsclub.org](mailto:welcome@oldfriendsclub.org)

**Providence Elderplace**

Health care and social services for older adults known as PACE (Program of All-Inclusive Care for the Elderly). PACE programs keep older adults as healthy as possible in the community by providing comprehensive health care and social services including: primary and specialty medical care, a day health program, social work services, rehabilitation, and much more.

(206) 320-5325

<https://www.providence.org/locations/wa/elderplace-redmond?ls=location&y_source=1_MTUwMTY2NzctNzE1LWxvY2F0aW9uLndlYnNpdGU%3D>

8632 160th Ave NE Redmond, WA 98052

## Financial Aid

**Washington State Department of Social and Health Services (DSHS)**

DSHS has funding options for those seeking adult day services. Below are two commonly accepted options:

[LIST\_START]

***Community Options Program Entry System (COPES):***

A Medicaid waiver program that pays for services for people in community settings, such as ADC and ADH, who would otherwise need to be in nursing homes and are income eligible.

East King County: (425) 213-1963

***EvergreenHealth Community Health Access Team (CHAT):***

Administers Washington State’s Respite Care program which provides financial assistance to caregivers seeking respite care.

(425) 899-3200, press option 2 or (425) 899-3250 for Spanish

[www.evergreenhealthcare.org/access](http://www.evergreenhealthcare.org/access)

Email: [chat@evergreenhealth.com](mailto:chat@evergreenhealth.com)

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## Information & Referral Services

**National Adult Day Services Association(NADSA) (NEW NAME)**

A national online database of adult day centers, searchable by city, state, or zip code. Adultday-care.org also has other information and resources related to adult day centers, such as how to pay for services, and can provide assistance via telephone.

(866) 333-6002

[https://www.nadsa.org](https://www.adultdaycare.org/)

**Leadingage Washington**

Provides general information about adult day centers, site visit checklists, and links to local adult day centers.

(253) 964-8870

[www.leadingagewa.org/members/adult-day](http://www.leadingagewa.org/members/adult-day)

**Sound Generations Pathways Information & Assistance**

Provides general information about adult day centers and links to local adult day centers.

(206) 448-3110 or (888) 435-3377

[www.soundgenerations.org](http://www.soundgenerations.org/)

Email: [info@soundgenerations.org](mailto:info@soundgenerations.org)