

## What Do Adult Day Centers Offer?

- Transportation
- Safe environment
- Professional services by nurses, social workers, therapists, and others
- Healthy meals and snacks
- Monitoring and administration of medicines
- Personal care
- Caregiver support
- Physical activity
- Celebrations and entertainment
- Field trips

## Who Benefits From Going To Adult Day Centers?

People who may:

- Want to stay in their homes but need daytime assistance
- Have physical or cognitive conditions that require monitoring
- Need socialization and stimulation



*"I'm never bored here. There is always something interesting going on."*



*"You are not a stranger here. Everyone understands you."*

## Adult Day Centers . . .

### *... Enrich Participants' Lives*

- Safe, accepting environment
- Something to look forward to
- A sense of belonging
- Feeling part of a community
- Help in maintaining mental and physical abilities

### *... Support Caregivers*

- Sense of relief
- Worry-free work day
- Affordability
- Time for yourself
- Help finding resources
- Emotional support

## How Do People Pay For Adult Day Centers?

- Private pay
- Long-term care insurance
- Center-based scholarships and/or sliding scale
- State and local government assistance
- Medicaid
- Tax write-offs



*"Every day, Dad talks about the center and how wonderful it is. His eyes light up when we ask him about his day."*

# Licensed Medical Adult Day Centers in Montgomery County

**Albert and Helen Misler  
Adult Day Center**  
Rockville  
301-468-1740

**Chinese Culture and Community  
Services Center (CCACC)  
Adult Day Healthcare Center**  
Rockville  
301-825-9576  
*Chinese and English spoken.*

**Easter Seals Adult Day Center**  
Silver Spring  
301-588-8704

**Eldersburg Eldercare of Damascus**  
301-253-2764

**Fellowship Adult Day Center**  
Germantown  
301-916-4141  
*English and Korean spoken.*

**Holy Cross Hospital Medical  
Adult Day Center**  
Silver Spring  
301-754-7150

**Loving Heart Medical  
Day Care Center**  
Gaithersburg  
301-990-1253  
*English and Korean spoken.*

**Nu-Horizon Adult Day Care Center**  
Cloverly  
301-622-0400  
*English, Spanish and Farsi spoken.*

**Rainbow ADDC of Rockville**  
301-770-7676  
*English, Russian and Romanian spoken.*

**Rainbow of Helgerman Court**  
Gaithersburg  
240-683-9010  
*English, Russian, Spanish  
and Chinese spoken.*

**Randolph Hills Adult Day Care**  
Silver Spring  
301-933-2500  
*English and Spanish spoken.*

**The Support Center, Inc.**  
Rockville  
301-738-2250  
*English and Spanish spoken.*

**The Washington-McGlaughlin  
ADCC**  
Takoma Park  
301-270-6940

**Winter Growth, Inc.**  
Olney  
301-774-7501

*Adult Day Centers are non-sectarian.  
Centers have wide service areas.  
Hours of operation vary.*



# Discover . . . ADULT DAY CENTERS



*"It is such a relief to  
have a place where Mom  
is welcomed with  
loving arms."*



Montgomery County  
Department of Health and Human Services  
Aging and Disability Services  
240-777-3000 Voice 240-777-4575 TTY  
hhsmail@montgomerycountymd.gov

Other formats available upon request.

## Safe . . . Social . . . Supportive . . . Structured