

AGING SERVICES DIVISION

# Adult Day Health Services



**Aging Services Division**  
Oklahoma Department of Human Services



OKLAHOMA DEPARTMENT OF HUMAN SERVICES

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

## **ADULT DAY HEALTH SERVICES**

**A**dult day health centers meet the physical, social and emotional needs of older adults and those with disabilities. Adult day health centers provide the programs and support essential for successful caregiving. You can work or attend to personal matters worry free while your family member spends time with us. Security and the personal attention of staff with participants contribute to your peace of mind.



Adult Day Health Services



## **With adult day health services, everyone benefits:**

### **For the participant:**

- Individualized plan of care
- Opportunity to socialize
- Be a part of an active community

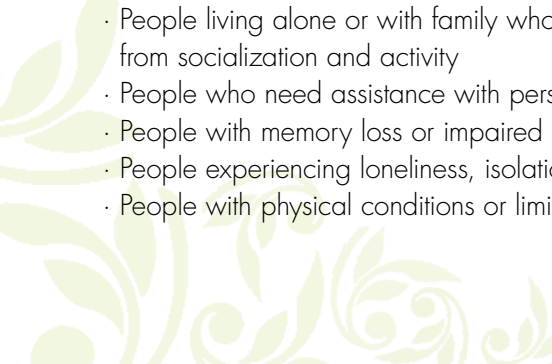
### **For the caregiver:**

- A partner in day-to-day caregiving
- Respite – a chance to recharge
- Caregiving support, referrals and guidance

### **Adult day health services offer:**

- Health monitoring and medication administration
- Experienced, respectful and caring professional staff
- Safe, supportive, supervised environment
- Socialization and recreational activities
- Assistance with personal care
- Nutritious lunches and snacks

### **Who attends adult day health centers?**

- People living alone or with family who would benefit from socialization and activity
  - People who need assistance with personal care
  - People with memory loss or impaired judgment
  - People experiencing loneliness, isolation or depression
  - People with physical conditions or limitations or recuperating from illness
- 



Adult Day  
Health Services




## **Testimonials:**

"I cannot express to you enough what adult day health services means to me as a caregiver! I am the sole caregiver 24-7 and have no family to help me. Without adult day, I could not make it. I am able to grocery shop and just talk with friends."

"The adult day health center has been a life-saver for me since my husband died. I just didn't want to go on, but now I have friends and something to look forward to!"

"The adult day center has given me peace of mind in a time in my life when I didn't know what direction to go. This program is a blessing for my sister."



 **To learn more about Adult Day Health Services  
or to locate a provider, contact:**

- Oklahoma Department of Human Services Aging Services Division  
405-521-2281 <http://www.okdhs.org/programsandservices/aging/day/>
- Statewide Senior Info-Line  
800-211-2116
- Oklahoma 2-1-1 Get Connected. Get Answers.
  
- Oklahoma State Department of Health  
405-271-6868 <http://www.ok.gov/health/pub/wrapper/ltc.html>
- Oklahoma Area-wide Service Information System (OASIS)  
405-271-6302
- Oklahoma Association of Homes and Services for the Aging  
405-640-8040 [www.okahsa.org](http://www.okahsa.org) (Check the Directory for Providers of Adult Day Health)



OKDHS Pub. No.08-32

This publication is authorized by the Oklahoma Commission for Human Services in accordance with state and federal regulations and printed by the Oklahoma Department of Human Services at a cost of \$600.00 for 3,000 copies. Copies have been deposited with the Publications Clearinghouse of the Oklahoma Department of Libraries. OKDHS offices may request copies on ADM-9 (23AM009E) electronic supply orders. Members of the public may obtain copies by contacting the OKDHS Records Center at (405) 962-1721 or 1-877-283-4113 (toll free).

Issued 08/08

