

Mt. Diablo Center for Adult Day Health Care

A division of Rehabilitation Services of Northern California

MEDI-CAL ACCEPTED

490 Golf Club Road
Pleasant Hill, CA 94523

Phone: (925) 682-6330
Fax: (925) 674-6991

Benefits for Participants

- Assistance to maintain optimal health and functioning
- Daily medical supervision by the nursing staff
- Physical, occupational and speech therapies as appropriate
- Prevention of premature nursing home placement
- Relief from isolation
- Reduce depression
- Psycho-social services
- Daily exercise, social and recreational activities
- Information and referral to other community based care services

Benefits for Caregivers

- RESPITE
- Help to continue caring for a disabled adult or frail elderly family member at home
- Improved health and quality of life
- Reduced stress and depression
- Support groups
- Counseling

Benefits for Health Care Providers

≈ At No Cost to You ≈

- A partner in caring
- Medical monitoring and health maintenance for high risk patients
- Medication compliance oversight
- Timely and direct communication regarding significant health status changes

Adult Day Health Care

Our Adult Day Health Care Program offers comprehensive health maintenance services for the frail elderly and disabled adults. Services are provided by a team of health care professionals which include nurses, occupational, physical, speech therapists, a social worker and activity staff.

Alzheimer's Day Care and Resource Center

In our award winning program, adults with Alzheimer's and other related dementias join with a professionally trained, caring staff in a supportive and safe environment. This program has been designated as an Alzheimer's Day Care and Resource Center by the Department of Aging and provides educational presentations, a resource library and information and referral to the community at no charge.

Social Day Services

Our Social Day Services offer planned social and recreational activities in a supervised setting. This program is designed for impaired adults who do not require the services of a skilled health professional on a routine basis.

All Program Hours: Weekdays 9:30 A.M.—3:00 P.M.

