



Caregiving can be difficult...

Provide your loved one with the Care,
Respect and Independence they deserve...

When a loved one begins experiencing a decrease in physical, mental or social functioning, it can be difficult for the entire family. Family members may be able to assist them at home, but busy schedules can make caregiving difficult. Your loved one may need support, but want independence and social interaction during the day. Fortunately, there is a place nearby that will provide your loved one with the care, respect and independence they deserve...

West Suburban Senior Services
Adult Day Health Care.

Adult Day Health Care is just one of many services offered by West Suburban Senior Services since 1972. West Suburban Senior Services' Adult Day Health Care centers have served thousands of senior citizens and their families and have been recognized as a leader in the adult day service field, as well as having served as a model for similar programs.

ADULT DAY HEALTH CARE

Servicing The Western
Suburbs With Two
Locations...

BELLWOOD

Senior Citizen Center
439 Bohland Avenue
Bellwood, Illinois 60104

LA GRANGE

OARS Center
712 East Elm Avenue
LaGrange, Illinois 60525

(708) 547-5600
www.wsseniors.org

West Suburban Senior Services does not discriminate in the admission to program or treatment of employment in its programs or activities in compliance with the Illinois Human Rights Act, the U.S. Civil Rights Act, Section 504 of the Rehabilitation Act, the Age Discrimination Act, the Age Discrimination in Employment Act and the U.S. and Illinois Constitutions. If anyone feels that they have been discriminated against, they have a right to file a complaint with the Illinois Department on Aging. For additional information, telephone (800) 252-8966 or telephone West Suburban Senior Services at (708) 547-5600.



West Suburban Senior Services

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*The Comforts of Home Just
for the Day...*

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**For more information
please telephone
(708) 547-5600**



What is Adult Day Health Care?

West Suburban Senior Services' Adult Day Health Care centers are designed to promote maximum independence and create opportunities for companionship and socialization for seniors who need assistance or supervision. The programs offer daytime relief to family members or caregivers and allow them the freedom to go to work, handle personal business or just relax while knowing their loved one is safe and well cared for.

The Adult Day Health Care centers' specialized programs are designed to help seniors and impaired adults live as normally and happily as possible. Seniors come to the center during the day but reside in the familiar environment of their own homes and communities.

Adult Day Health Care

- An alternative to a nursing home
- An alternative to staying alone
- An alternative that cares

Why Choose ADHC at West Suburban Senior Services?

The staff at each of the Adult Day Health Centers work together to create an environment that is safe, secure, and stimulating. A registered nurse monitors medications and health needs. A social worker offers support to participants and their families. We work in partnerships with participant's physicians and families providing guidance and support whenever needed. Operated by West Suburban Senior Services, the Adult Day Health Care centers can access an array of services offered by the agency.

For You and Your Family...

- Guidance and Support
- Caregiver Education
- Respite
- Peace of Mind

Each Day Your Loved One Will Receive...

- Planned Activities
- Health Monitoring by our RN
- Nutritional Noon Meal and Snacks
- Transportation to Service Areas

For Your Loved One...

Health Monitoring

- Health Education
- Nursing Services including Medication Administration
- Medical Assistance
- Vital Sign Checks
- Assistance with Activities of Daily Living

Recreational Activities

- Social Interaction
- Memory Stimulation
- Daily Exercise
- Daily Discussion Groups and Reminiscing
- Music and Sing-a-longs
- Parties and Special Occasions
- Community Projects
- Intergenerational Groups
- Table Games
- Arts and Crafts
- Pet Visits

Costs

The monthly contributions are based on a sliding scale based on participant's monthly income and the number of days attended per week. Clients are encouraged to attend five times per week and there is a two day per week minimum attendance.