



ADULT DAY SERVICES SAN MATEO

2019 YEAR-END IMPACT REPORT

ABOUT

Catholic Charities Adult Day Services San Francisco is a licensed program providing a safe, supervised, therapeutic, and friendly environment for seniors and adults with disabilities who experience losses in physical function, memory, or social support. Through mentally and physically stimulating activities, the program enhances participants' quality of life and increases their independence while providing support and respite to family caregivers. Adult Day Services is a reliable and affordable alternative compared to in-home care or placement in a residential facility.

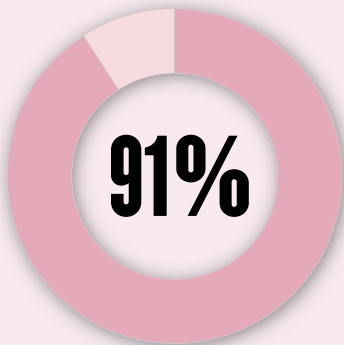
SERVICES

- Supervised activities tailored to meet the level of cognitive function for seniors and adults with disabilities
- Hot nutritious lunch and snacks
- Personal care assistance
- Extended care in early morning or afternoon outside daily programming hours
- Caregiver education, support groups, information, and referral

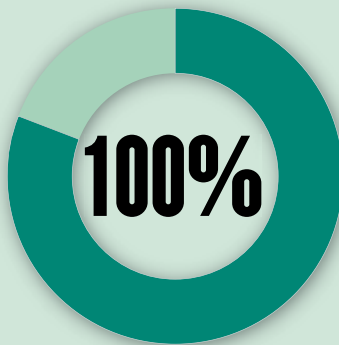
49 SENIORS AND ADULTS WITH DISABILITIES AND 1,015 CAREGIVERS SERVED

IMPACT

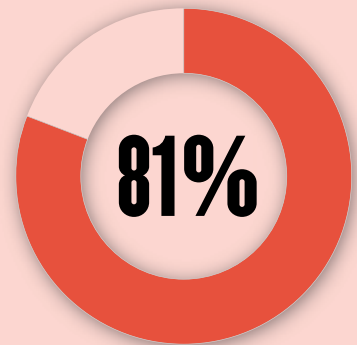
These results are based on the self-sufficiency matrix assessment tool completed for the head of household.



caregivers believe services address their loved ones' needs



caregivers are satisfied with quality of services



improved improved cognitive engagement