ADULT DAY SERVICES SAN FRANCISCO
2018 YEAR-END IMPACT REPORT

WE BELIEVE
we provide seniors and adults with disabilities experiencing cognitive and physical impairments, a set of daily activities; and provide their caregivers with respite, education, and support

IF

THEN
the seniors and adults with disabilities will optimize their physical, emotional, and cognitive health and remain in the community longer while decreasing their caregiver’s stress.

OUTCOMES
These results are based on the Caregiver Stress Assessment and the Caregiver Satisfaction Survey.

caregivers report that increased socialization alleviated feelings of isolation of their loved one

caregivers would recommend the program to someone in similar need
caregivers’ stress levels decreased and well-being improved

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**ABOUT**

Catholic Charities Adult Day Services San Francisco and the Alzheimer’s Day Care Resource Center is a licensed program that provides a safe, therapeutic and friendly environment for older adults and support for family caregivers in San Francisco County since 1991. The program is designed to enhance the participants’ quality of life and increase their independence. Seniors and adults with disabilities who experience losses in physical function, memory or social support enjoy safe, fun and stimulating activities aimed at socialization, mental and physical stimulation in a supervised, recreational environment while family members are afforded much needed relief from their daily caregiving responsibilities.

Alzheimer’s Day Care Resource Center is co-located within our licensed Adult Day Program, and has a trained team that specializes in serving people who are facing middle-to-late stage Alzheimer’s disease and require full-time supervision and assistance with daily activities.

**SERVICES**

- Activities tailored to meet the level of cognitive function for all seniors and adults with disabilities
- Hot nutritious lunches and snacks
- Personal care assistance
- Extended care early morning or afternoon outside of daily programming hours
- Caregiver respite, guidance, information, and referral

**CHANGE MODEL**

<table>
<thead>
<tr>
<th>The Need</th>
<th>Our Response</th>
<th>Client Outcomes</th>
<th>Community Impact</th>
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</thead>
<tbody>
<tr>
<td>Seniors living in the community are experiencing:</td>
<td>A safe, clean, and welcoming environment</td>
<td>Maximized physical health</td>
<td>Seniors live with dignity in community as long as possible</td>
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<tr>
<td>• Frail health</td>
<td>Daily health monitoring</td>
<td>Improved and maintained emotional health</td>
<td>Decreased need for expensive institutional alternatives like skilled nursing facilities</td>
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<tr>
<td>• Cognitive impairments</td>
<td>Cognitive enrichment activities</td>
<td>Optimized cognitive health</td>
<td></td>
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<tr>
<td>• Depression and isolation</td>
<td>Nutritious meals</td>
<td>Reduced caregiver stress</td>
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<tr>
<td>• Caregiver stress</td>
<td>Caregiver education and support</td>
<td>Enhanced quality of life</td>
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<td></td>
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<td>Increased independence</td>
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**CONTACT**

Alison Reeves, Program Manager
415 452 3500
areeves@CatholicCharitiesSF.org

50 Broad Street
San Francisco, CA 94112
CatholicCharitiesSF.org