

ADULT DAY SERVICES SAN MATEO COUNTY 2018 YEAR-END IMPACT REPORT

Impact Report data from July 2017 through June 2018

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



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.

OUTPUTS

54 Clients Served



561 Counseling Hours

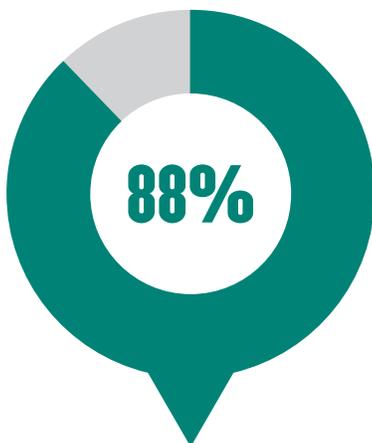


1,037 Caregivers Assisted



OUTCOMES

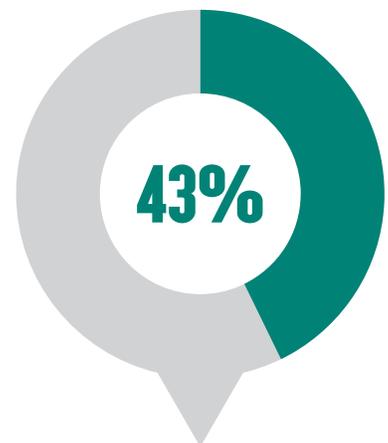
These results are based on the Engagement, Mood & Behavior Assessment and the Caregiver Satisfaction Survey.



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



caregivers would recommend the program to someone in similar need



maintained or improved their engagement

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ADULT DAY SERVICES SAN MATEO COUNTY

AGING SUPPORT SERVICES

Services and financial data for July 2017 through June 2018

ABOUT

Catholic Charities Adult Day Services San Mateo County is a licensed Adult Day Program that provides a safe, therapeutic and friendly environment for older adults and support for family caregivers in San Mateo County since 1975. 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.

Adult Day Services San Mateo County is a reliable and affordable alternative compared to in-home care or placement in a residential facility.

SERVICES

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

CHANGE MODEL

The Need

Seniors living in the community are experiencing:

- Frail health
- Cognitive impairments
- Depression and isolation
- Caregiver stress

Our Response

- A safe, clean, and welcoming environment
- Daily health monitoring
- Cognitive enrichment activities
- Nutritious meals
- Caregiver education and support

Client Outcomes

- Maximized physical health
- Improved and maintained emotional health
- Optimized cognitive health
- Reduced caregiver stress
- Enhanced quality of life
- Increased independence

Community Impact

- Seniors live with dignity in community as long as possible
- Decreased need for expensive institutional alternatives like skilled nursing facilities
- Increased productivity of adults and caregivers

CONTACT

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