

How Do You Know if the Time is Right for Adult Day Health?

The questions below will help you determine if adult day health is the right choice for you and your loved one. If you answer "yes" to even one, you may want to start considering adult day health as an option.

- Do you need help caring for a loved one?
- Are you worried about their safety when you aren't with them?
- Are you having to find someone to stay with your loved one when you need to work or run errands?
- Do you find yourself taking time off from work to care for them?
- Has your relationship with your loved one become strained because their care needs have increased? Would you both benefit from some time apart?
- Would you both benefit from your loved one being engaged and busy during the day, so they sleep better at night?
- Does your loved one have health issues, forget to take medications or have care needs that they cannot manage alone?
- Has your loved one become isolated from friends or favorite activities?
- Would your loved one benefit from a daytime program that includes nutritious meals, assistance, exercise and social activity?

Call (918) 664-9000 today to learn more or schedule a tour.

LIFE's Adult Day Health Centers

Central Tulsa
5950 E. 31st St.
Tulsa, OK 74135

North Tulsa
902 E. Pine St.
Tulsa, OK 74106

Broken Arrow
3106 S. Juniper Ave.
Broken Arrow, OK 74012

Hours
Monday – Friday
7:30 a.m. – 5:30 p.m.

For more information:

Call LIFE's SeniorLine (918) 664-9000 or toll-free (866) 664-9009.



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www.LIFEseniorservices.org

LIFE's Adult Day Health Centers



Making LIFE Better

Three Nationally-Accredited Centers

Are You Caring for an Older Adult?

We Can Help

LIFE's Adult Day Health provides professional daytime care for seniors in a safe, friendly and supportive setting. Person-centered care and enriching activities enhance quality of life and promote independence.

Your role as a caregiver can become more manageable and less stressful with the support of LIFE's Adult Day Health family. You'll be able to work, attend to personal matters or take a much needed break without worry, knowing your loved one is safe and having a good day. Taking advantage of the hair salon and assisted showers will further simplify your caregiving responsibilities.

In addition, LIFE's Adult Day Health provides personal consultation, information and resources, classes and support groups that are essential for reducing the exhaustion and stress associated with family caregiving. With renewed peace of mind, caregivers often find themselves healthier and able to provide care longer.



"I look forward to the fun and different activities each day."

Enriching Lives

Participants thrive and friendships flourish in LIFE's warm, accepting environment where the focus is on wellness and individual strengths, abilities and potential rather than limitations.



"The staff is so wonderful. They start and end my day with a smile."

Creating Social Bonds

Participants form close bonds with others on this journey creating a sense of family. Individual care is offered in a group setting including a multitude of activities offered daily based on participant interest.

Person-Centered Care

Minds stay active and engaged through a well-rounded schedule of fun, therapeutic activities and new learning opportunities. Celebrations, special entertainment and community integrations provide variety and spice up each day.

Enhancing Physical Abilities

Exercise and movement activities are offered a minimum of twice daily. These are designed to help participants maintain and often even improve their strength, balance, mobility, and flexibility focusing on strengthening the core.



"I look forward to the fun and different activities each day."

Care Revolves Around You

LIFE's professional staff provides individualized care by developing a full-circle personalized care plan for each participant.

Health and Nursing Care

- Medication administration
- Monthly health and condition monitoring
- Diabetic care and blood sugar monitoring
- Monthly skin assessment
- Physician ordered diets and tube feedings
- Respiratory treatments
- Simple wound care and other nursing services

Personal Care

- Incontinence care and assistance with toileting
- Assistance with ambulation and transfers
- Fully-assisted showers
- Full-service hair salon
- Nutritious meals

Intergenerational Activities

- Socialization
- Entertainment
- Group exercise
- Arts and crafts
- Recreation
- Special events

Nationally Accredited for Service Quality

LIFE's three Adult Day Health Centers are accredited by CARF International for demonstrating a commitment to service quality and the satisfaction of persons served. Because LIFE's Adult Day Health Centers and staff meet or exceeded the rigorous standards set by CARF, you can relax knowing that your loved one is in caring, capable hands.



"Thanks to Adult Day Health, I've got a place and friends to call my own."

Affordable Option

LIFE's Adult Day Health is a welcome alternative to costly in-home or institutional care. A variety of financial assistance options are available, including long-term care insurance, Oklahoma Human Services, ADvantage Medicaid Waiver Program, Veteran's Administration Funding and Developmental Disabilities Service.

Coupon Redeemable for

**FREE
VISIT DAYS**



At any of LIFE's convenient Adult Day Health Center locations:

Central Tulsa • North Tulsa
Broken Arrow

Tour the facility, meet staff, learn about the services offered and experience the program first-hand.

To make arrangements for your Free Visit Days, call (918) 664-9000.

**LIFE**
SENIOR SERVICES®

A minimum 24-hour advance reservation required. Offer applies only to prospective participants.

Coupon is redeemable for your choice of one, two, or three free visit days. Limit one coupon per person.