

Benefits of Active Day

ADULT DAY HEALTH CARE



CASCADE PARK COMMUNITIES

Active Day

Adult Day Health Care

Improved health and nutrition

- Mental health is stimulated with “thinking” games and exciting activities.
- Mild daily exercises improve strength, mobility and dexterity, which can help prevent increased disability from inactivity.
- Nutritional meals and snacks are served in an enjoyable social setting, encouraging healthier eating habits.

Support and friendship

- Participants are immersed in an environment that allows them to make new friends and enjoy the companionship of others.

Access to health services

- An individualized care plan is developed for each participant addressing such needs as rehabilitation therapies, nursing care, case management, and mental health counseling.

Respite for caregivers

- Active Day provides a period of much-needed respite for each participant’s primary caregiver.

Funding sources

- Costs may be covered in full or in part by: Medicaid (DSHS), Veterans Administration (VA), Respite Access Program, Senior Citizens Services Act (SCSA)

Cascade Park Active Day

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Adult Day Health Care is a tremendous resource that is often overlooked by individuals and families faced with finding solutions to address chronic healthcare concerns. Adult Day Health Centers were developed to provide safe, quality care for frail and vulnerable adults of all ages who are in need of functional support outside of their home.

Cascade Park Active Day is Pierce County’s premier Adult Day Health program! Our center offers three exciting programs: a traditional program for seniors and physically challenged adults; a specialized program catering to the needs of adults with traumatic or acquired brain injuries; and a memory care program designed to meet the needs of individuals living with Alzheimer’s or related dementia. Each program is designed to provide its participants with a comprehensive array of health, social, and supportive services.

Our mission at Active Day is to maintain or enhance the independence of each participant. We offer a fun environment for making new friendships, while providing a safe, structured program that facilitates individual growth.

Weekday Session Hours:

Traditional Program • 9:30 am - 1:30 pm and/or 2:00 pm - 6:00 pm

TBI Program • 9:30 am to 1:30 pm

Memory Care Program • 2:30 pm to 6:30 pm

(Extended hours may be available for an additional charge)

Call 253.627.9990 today to schedule a free trial,

or to make a client referral

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