

WELCOME

Aloha!

Mililani Adult Day Care offers a friendly, caring environment for older adults to enjoy each other's company and develop new friendships. The spacious, air-conditioned facility has the capacity to serve 44 clients. The facility provides peace of mind for family caregivers, knowing their loved ones are in good hands and in good company.

The facility is conveniently located in Mililani, making it ideal for family members to drop off their elderly parents in the morning and pick them up after their workday. Mililani Adult Day Care is designed with working families in mind, with 9-hour support extending from 8:00 am to 5:00 pm, with early drop off options at 7:00 am Monday through Friday. We offer Saturday daycare services from 9:00 am to 5:00 to allow love ones time to run errands.

The Mililani Adult Day Care professional team looks forward to serving you!

ABOUT

Mililani Adult Day Care allows older adults to stay at home and to age in place, while having a full day of activities, fun and games with others. It's a place for older adults to make new friends and reminisce about younger days.

Each day is filled with a variety of stimulating programs, including indoor and outdoor physical exercise, recreational therapy, and social, educational and cultural activities, all in a supervised, therapeutic environment. There are group activities as well as time for relaxing, individual activities such as watching television or doing crossword puzzles.

Benefits for the Older Adult

For the participant, an adult day care center's benefits can be extensive.

- Adult day care provides a safe, secure environment in which to spend the day or part of the day.
- Offers enjoyable and educational activities.
- Appropriate physical exercise can help to reduce falls.
- Meaningful social interaction can improve both mental and physical health and help to prevent or delay cognitive decline.
- Mental and social stimulation during the day can improve the quality of your sleep at night.
- Participation in adult day care activities may even enhance or maintain your level of independence, keeping you living at home longer by relieving caregiver fatigue and delaying your escalation of dependence.
- Having control over activities you partake in can bolster your self-esteem.
- Adult day care offers the chance to build new friendships and enjoy peer support.

Benefits for the Caregiver

Seeking support and maintaining your own health are key to managing your role as a caregiver, so it's not selfish to use the services of an adult day care center to give you some time to yourself. If you're overwhelmed by the daily grind of caregiving, your patience and compassion will wear thin, you'll find it harder to connect with the person you're caring for, and you'll probably both feel unfulfilled.

- Taking regular breaks from the demands of caregiving can reduce your stress levels and help you to avoid burnout.
- Being able to recharge your batteries can leave you feeling more energetic, focused, and reinvigorated about your caregiving role.
- Using an adult day care facility can enable you to continue working, attend school, or devote more time to other family members.
- Can give you peace of mind that your loved one isn't home alone but is in a supervised and safe environment.

OUR SERVICES

Mililani Adult Day Care offers activities tailored to meet the needs and abilities of individuals and to accommodate their health condition.

Professionally trained personnel supervise the activities at all times.

- Physical activities: Yoga, fine motor and gross motor exercises, tai chi, range of motion
- Educational and mental health activities: Word and number games, trivia questions, and much more to stimulate the minds of our clients
- Recreational activities: Indoor golf with a putting green, card games, bingo, arts and crafts, bowling and more
- Entertainment: Occasional field trips and entertainment from volunteers who bring cultural and musical performances for our clients
- Free Wi-Fi for clients who want internet access or to catch up with family and friends via email
- We offer a continental breakfast and a three-course lunch that includes appetizer, entrée, and dessert. Special diets may be accommodated.
- Snacks served mid-afternoon.

Health-related Services

- Initial and periodic health assessment, evaluation and consultation
- Health-status observation and condition monitoring, as needed
- First-aid treatment and/or cardio-pulmonary resuscitation (CPR) in the event of medical emergencies
- Referral to social agencies for counseling, Medicaid application assistance, and psychiatric counseling for interpersonal, behavioral or family-related issues

ADMISSIONS:

Mililani Adult Day Care is open to all older adults who could benefit from

adult day care. Prospective clients and their family or caregivers are encouraged to visit our facility and to meet with our staff.

Applicants must be:

- Ambulatory (with or without assistive devices)
- Able to feed themselves (cueing by staff if needed)
- A non-wanderer (an individual who does not consistently try to leave the premises)
- Non-combative

The facility will not deny admission to anyone on the basis of race, sex, religion, color, ancestry or national origin.

Requirements:

1) Application Form^{[[SEP]]}: All prospective clients must complete an application form. This must be submitted with a \$50 non-refundable registration fee. Please see attached form.

2) Physical Exam^{[[SEP]]}: You must have an annual physical exam by a licensed physician within 90 days prior to admission. This must include a TB clearance (two-step PPD or documentation of a positive PPD).

3) Physical Examination Report^{[[SEP]]}: Your doctor's physical examination report or statement of health must include information about your medical diagnosis, a list of your medications, and any instructions required for special care.

4) Assessment^{[[SEP]]}: Mililani Adult Day Care's Program Manager or a designated staff member will meet with you to learn about your preferences for social activities, food and other things that are important to you. As part of the admissions process, the Program Director will meet with each applicant and family members or caregivers to obtain more information on the applicant's overall behavior. It also provides an opportunity for you and your family to learn more about the Mililani Adult Day Care's programs, policies and procedures.

An annual physical exam or statement of health, including an annual TB clearance, is required to continue participating at Mililani Adult Day Care and to ensure the health and safety of all of our clients. The annual physical exam also helps to determine if the appropriate level of care is being provided to a client.