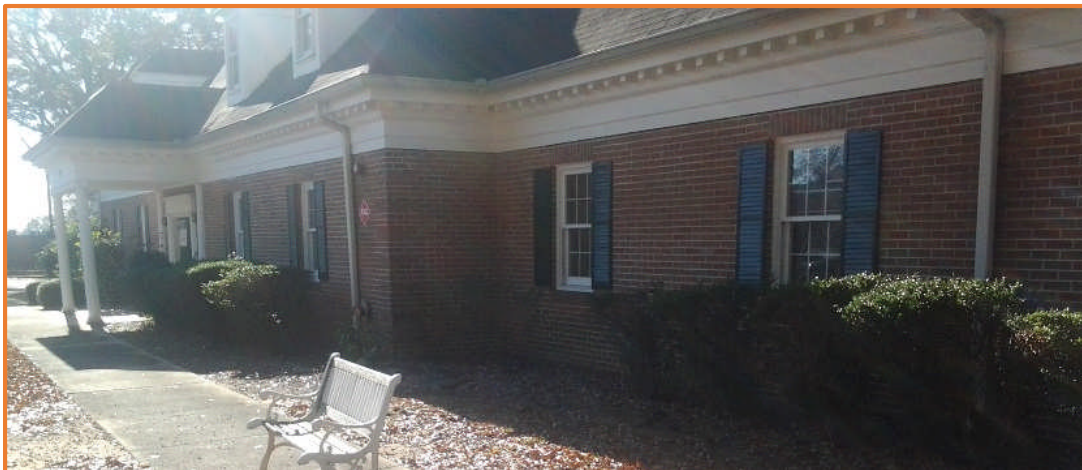




CENTRAL GEORGIA
ADULT DAY HEALTH & REHAB INC

Program Description



770 Baconsfield Road
Macon, Georgia 31210

888.408.8880

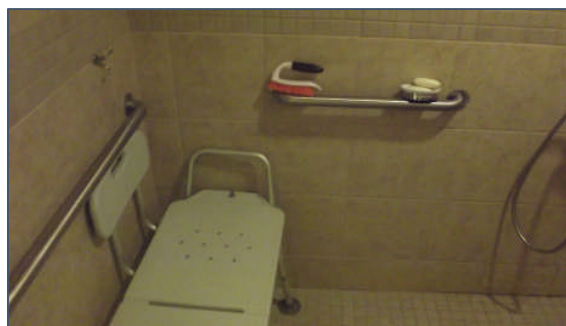
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I. Core Services

Adult day care programs keep families together. So many dread the thought of institutional placement, i.e. life in assisted living or a skilled nursing center and rightly so. However, when a family member cannot be left home alone all-day by themselves and families have to work and carry on other life activities during day time hours, some caregiving has to be put in place.

Adult day services, normally in place 7:00 a.m. to 5:00 p.m. combine supervision, personal care in our barrier free shower, structured activities, medication administration and assistance with nutrition and hydration into a day-time initiative that allows a person to age in place at home with family instead of in an institutional setting.



II. Auxiliary Services

Serving as a CORF (Comprehensive Outpatient Rehabilitative Facility) our program offers the following as ordered by a physician:

- a. **Physical therapy or physiotherapy** (sometimes abbreviated to **PT**) is the health care service primarily concerned with the remediation of impairments and disabilities and the promotion of mobility, functional ability, quality of life and movement potential through examination, evaluation, diagnosis and physical intervention (therapy using mechanical force and movement). Continued....on next page



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b. Occupational therapy (OT) is the use of assessment and treatment to develop, recover, or maintain the daily living and work skills of people with a physical, mental, or cognitive disorder.



OTs also focus much of their work on identifying and eliminating environmental barriers to independence and participation in daily activities. Occupational therapy is a client-centered practice that places emphasis on the progress towards the client's goals. Occupational therapy interventions focus on adapting the environment, modifying the task, teaching the skill, and educating the client/family in order to increase participation in and performance of daily activities, particularly those that are meaningful to the client.

c. Speech-language pathology is a branch practiced by a clinician known as **Speech-language pathologists (SLPs)**, also called **speech and language therapists**, or **speech therapists**, specialize in the evaluation and treatment of communication disorders and swallowing disorders.



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d. Medical Social Work is a sub-discipline of social work, also known as hospital social work. Medical social workers typically work in a hospital, skilled nursing facility or hospice but also work in independent case management as they are used with the Central Georgia program. Ours often have a graduate degree in the field, and



work with patients and their families in need of psychosocial help. Medical social workers assess the psychosocial functioning of patients and families and intervene as necessary. Interventions may include connecting patients and families to necessary resources and supports in the community; providing psychotherapy, supportive counseling, or grief counseling; or helping a patient to expand and strengthen their network of social supports.

Medical social workers typically work on an interdisciplinary team with professionals of other disciplines (such as medicine, nursing, physical, occupational, speech and recreational therapy, etc.)

e. Nursing Supervision and Assistance

Physician driven monitoring of medications, response to recovery strategies after strokes and other ailments and accidents.





f. **Art, Music and Dance Therapies**

While art, music and dance therapy are a part of our daily regimens, we do arrange special sessions for those who may have mental health histories if your physician believes it can assist in your cognitive function. This can often be billable to Medicare.





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FAQ Frequently Asked Questions

1. What are the central services provided in the program?

The Core service combines personal care, medication management and supervision for seniors and others who should not be home alone during the day. By following a physician driven plan of care, our program can help keep people medically stable in their own communities while also preventing premature hospital readmissions.

We add heightened personal care in our barrier free shower along with activities that include art, music and dance therapy. Services are available to those with dementia, other medically fragile seniors and those with mental health histories.

2. How is the service paid for?

We are a contract Medicaid provider with the Georgia Department of Community Health and the Middle Georgia Area Agency on Aging. Medicaid eligible individuals can have their adult day services paid for via the Elderly and Disabled Waiver Program. Contact us for details or the Area Agency on Aging directly for referral to our services.

3. What if I live in assisted living that is paid for by Medicaid?

The State of Georgia now has in place provisions for you to leave the assisted living home twice per week and attend an adult day care program. In our program those two, (2) days can be used to improve certain medical conditions while at the same time enhancing the overall assisted living experience.

4. What if income and assets are too high and a non-Medicaid person wants to attend the program?

Rehabilitative services when physician ordered can be billed to Medicare while daily program attendance ranges from \$50.00 to \$80.00 per 6 to 8 hour day.

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5. How does the admissions process start?

If being referred by a care manager within the Elderly and Disabled Waiver an order for our services will come to us from them as part of a structured plan of care. Or you may feel free to dial 888.408.8880 and speak to Mike in our Admissions Department.