

COMMUNITY SERVICES DEPARTMENT  
SENIOR AND FAMILY SERVICES

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# CITY OF REDONDO BEACH CALIFORNIA

December 2015

## ADULT DAY CARE CENTERS

REDONDO BEACH - SOUTH BAY

This guide is published by the City of Redondo Beach, Community Services Department and Senior and Family Services Division. The guide is designed to provide interested citizens with information about Adult Day Care Centers in Redondo Beach and surrounding communities.

This guide is a basic list and does not imply endorsement. The listings are not all-inclusive and are reported as accurately as possible. Failure to list a resource implies no criticism.

A periodic update will be available. To inform us of corrections, additional information or changes of address or telephone number please call 310-318-0650.

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**For a complete listing of our resource guides for seniors, please visit our website at:**

**[www.redondo.org/senior](http://www.redondo.org/senior)**

## ***What is Adult Day Care?***

Adult Day Services programs offer a safe, positive, caring alternative to nursing home care for those who do not need 24-hour skilled nursing. These programs are designed to help people stay mentally and physically active, reduce isolation, improve their health, and prevent decline of their abilities.

People typically attend a center in their community two to five times a week, based on their individual need. All programs either provide or can assist with transportation arrangements. Program hours typically range from four to eight hours per day; however, some centers offer extended hours to accommodate working caregivers. Many centers also provide caregiver support groups and training.

Services vary from center to center but may include therapeutic activities such as art, singing, age-appropriate games, health monitoring, social work, meals, dietary counseling, physical, occupational and speech therapy. Some programs focus on a specific population - for example, those who share a similar cultural or ethnic background or younger adults with head injuries or developmental disabilities. Families also receive help with information and referral to other services, as needed.

California's licensed adult day services centers may operate as one or more of the following:

### **Adult Day Program (ADP)**

ADP centers offer a **non-medical model of care** through a day-time program for elderly and younger adults with a focus on protective supervision by trained aides, structured activities, health monitoring, meals, out of home respite and support for the caregiver.

*Licensed by California Department of Social Services Community Care Licensing Division*

### **Adult Day Health Care (ADHC)**

ADHC centers offer a **medical model of care** through an out-patient day program for older persons and adults with chronic medical, cognitive or mental health conditions and/or disabilities that are at risk of needing institutional care. A coordinated team of licensed professionals, including nurses, social workers and physical, speech and occupational therapists, focus on medical, preventative and personal care, hot meals, nutritional counseling, and transportation to and from the center. The subject to the state's eligibility criteria for Community Based Adult Services (CBAS) and must be in Medi-Cal managed care where available and required.

*Licensed by California Department of Public Health*

### **Community Based Adult Services (CBAS)**

CBAS centers are licensed ADHCs approved by the state to provide a **medical model of care to Medi-Cal beneficiaries**. While CBAS services are the same as described under Adult Day Health Care (above), Medi-Cal beneficiaries must meet strict CBAS eligibility requirements, and, with few exceptions, must enroll in a Medi-Cal managed care plan or county organized health system, if one exists in the beneficiary's county of residence: *Licensed by California Department of Public Health/Medi-Cal Provider Approval by California Department of Health Care Services.*

### **Alzheimer's Day Care Resource Center (ADCRC)**

ADCRC centers are licensed ADP or ADHC/CBAS centers offering **specialized Alzheimer's care** for the moderate to late stage Alzheimer's patient or persons with similar conditions. A highly trained team applies a philosophy of care emphasizing dignity and respect, while fostering optimal independence according to each patient's level of functioning. Also provided are caregiver respite and support.

Information provided by California Association for Adult Day Services (CAADS)

1107 9th Street, Suite 701  
Sacramento, California 95814-3610  
(916) 552-7400  
Fax: (866) 725-3123  
E-mail: [caads@caads.org](mailto:caads@caads.org)  
[www.caads.org](http://www.caads.org)

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[www.caads.org](http://www.caads.org)

***CARSON:***

**Carson Adult Day Health Care**

23517 S. Main Street

Suite 110

Carson, CA 90745

310-522-3860

310-522-3866 Fax

Services/Cost: Provides day-long health therapy services to frail or disabled adults aged 18 and older. Social, recreation and health-related activities is provided for attendees. Serves those aged 18 and older who require assistance with basic activities of daily living; individuals with dementia, mental health issues, and individuals who are ambulatory or use mobility aids.

***GARDENA:***

**Gardena Senior Citizens Day Care Resource Center**

14517 Crenshaw Boulevard

Gardena, CA 90249

310-217-9550

310-217-9551 Fax

Contact: Kathy Walker

Services: The Center is sponsored by the City of Gardena and has been at the same location since 1981. It is designed to serve the needs of frail, older adults, who require supervised care outside the home while their caregiver works or needs respite. The Center provides both socialization and therapeutic activities to encourage physical and mental exercise, i.e., creative games, crafts, music, word games, entertainment, and recreational activities. Serves all of South Bay.

Accepts older adults with Alzheimer's disease, other forms of dementia, Parkinson's, stroke, depression and/or loneliness. Currently open 9 a.m. - 3 p.m., Monday through Friday. Hot nutritious lunches and morning and afternoon snacks included in the sliding fee scale. Provides free transportation to and from Center for Gardena residents. Wheelchair/walker, incontinent participants accepted. Excellent staff-participant ratio. Secure environment.

***HAWTHORNE:***

**Advantage Day Program**

11703 Eucalyptus Avenue  
Hawthorne, CA 90250  
310-355-1150

Services/For Developmental Disabled Adults. Program hours 8:30 a.m. - 2:30 p.m.  
Offered on site. Community integration. Funded by Social Services and Regional Center.  
Contact person: Ms. Cherrishanel – 310 922-3224

***LOMITA:***

**Family Adult Day Health Care Center**

2280 Lomita Boulevard  
Lomita, CA 90717  
310-602-0123  
310-602-0124 Fax

Services: Structured day health care program of therapeutic, social and health services in a center serving the frail elderly and other adults with physical and mental impairments. Program operates from 9 a.m. to 3 p.m. Business hours are 8 a.m. to 5 p.m. Fees: Costs are covered by Medical, SCAN, Veterans medical coverage, private pay, and some long term insurance. Free transportation is provided for participants to and from the center. Program provides morning snacks, nutritionally balanced lunch and afternoon snack.

***LONG BEACH:***

**Long Beach Adult Day Health Care Center**

1771 E. 4<sup>th</sup> Street  
Long Beach, CA 90802  
562-590-9083  
562-590-9243 Fax

Services: Hours of operation Monday through Friday 8 a.m. - 3 p.m. Enrollment costs are covered by MediCal. A sliding scale fee schedule is available. Long Beach ADHC Center is a community-based program that provides medical, rehabilitative, social, and recreational services to elderly persons and other adults with functional impairments, developmental, physical or mental, for the purpose of restoring or maintaining optimal capacity for self care. Daily nutritious meals/snacks. Transportation to and from the center can be arranged.

***LOS ANGELES:***

**OPICA Adult Day Program and Counseling Center**

11759 Missouri Avenue  
Los Angeles, CA 90025  
Contact: Mary Michlovich  
310-478-0226  
310-478-2026 fax  
Email: [opica@opica.org](mailto:opica@opica.org)  
Website: [www.opica.org](http://www.opica.org)

Services: OPICA is a private, non-profit, non-sectarian agency. The center is open Monday through Friday. The day care program offers meaningful and diverse programs for those suffering from Alzheimer's disease or other forms of dementia, Parkinson's disease, stroke or social isolation. OPICA also provides case management, respite for caregivers, and emotional support and counseling services for any spouse or adult child involved in the care of someone with dementia. Center offers services to any individual, family or couple with issues concerning the aging process. Special program: The OPICA Brain Train for people with a mild cognitive condition. Program information is available by calling 310 478-0226.

***LYNWOOD:***

**Alta Med/Golden Age Adult Day Health Care Center**

3820 Martin Luther King Blvd.  
Lynwood, CA 90262  
310-632-0415

Services: program hours 8:00 a.m. until 5:00 p.m. Monday through Friday. – Private payments, call about Medic-Cal acceptance. Transportation provided within area. Hot lunch and snacks. Support groups. Recreational programs, trips, and parties.

***REDONDO BEACH:***

Easter Seals Senior Day Service  
Anderson Park Senior Center  
3007 Vail Avenue  
Redondo Beach, CA 90278  
310-214-6963  
Contact: Kim Devine

Services: The South Bay Adult Care Center (SBACC) is a day care center for people with Alzheimer's, Parkinson's, Stroke, and the Frail Older Adult who needs socialization. SBACC is a respite center for care givers and a place for people to be active and involved in activities. Activities are: arts and crafts, playing games, exercising from a chair, singing old songs, walking to the park, playing BINGO, tossing a beach ball or balloon, outings. There is entertainment brought in and birthdays and holidays are celebrated. Clients bring their own lunch and SBACC provides the drinks and snack. Hours are: Monday through Friday 7:30a.m.until 5:30 p.m.  
Cost: Call for Information

***SAN PEDRO:***

**Salvation Army Sage House**  
138 South Bandini St.  
San Pedro, CA 90731  
310-832-6031  
[www.caringsa.org/sagegallery](http://www.caringsa.org/sagegallery)

Sage House is a non-profit organization designed to serve the needs of frail, older adults who require supervised hours of care outside the home while their caregivers work or attend to personal errands. Sage House is also for older persons who will benefit from social interactions and peers, in a friendly, structured environment. Sage House provides therapeutic exercise, intergenerational activities, nutritious lunches and snacks, caregiver support groups and a variety of activities and social experiences (i.e., music, crafts, and games). Accept older adults with Alzheimer's disease, other forms of dementia, Parkinson's, stroke, depression and/or loneliness. Open Monday through Friday. Program hours are 8 a.m. until 5 p.m. Caregiver support group on 3<sup>rd</sup> Wednesday from 1:30 p.m. – 3:00 p.m. Scholarship program available. Accepts mild incontinence. Call for current prices.

***OTHER AREAS:***

**211 Los Angeles County Social Services**

Information Line of Los Angeles County

Phone Number: 211

Website: <http://www.healthycity.org>

Services: Referrals to centers outside of the South Bay area.