



*A Day Program  
for Adults at*

**The  
Life  
Center**  
*of Davidson County, Inc.*

Providing High Quality Adult Day  
Services Since 1980

*Your home away from home*



# AGING WITH A CHOICE

As the cost of long-term care continues to increase, the importance of Home and Community Based Service programs also increases. Aging with choice not only improves the quality of life for older adults but also creates cost savings for the Medicare and Medicaid programs that pay for the majority of long-term care [2].



## **Hospice**

End-of-life care

## **Skilled Nursing Facility**

Long-term care of chronic conditions

## **Assisted Living**

For help meeting daily needs with only occasional medical services

## **Adult Day Care and Health Services**

Assistance during the day outside the home

## **Formal Home Care**

Home care services

## **Informal Family Care**

Help from loved ones

## **Independence**

Maintain Independence through prevention and preparation

# 90%

90% of adults age 65 and older say they hope to stay in their homes for as long as possible, but to do so, many people will eventually need some level of service or support to live safely and successfully in their home or community [2].

# OUR MISSION

The Mission of The Life Center of Davidson County, Inc. is to provide high quality day time care to older and impaired adults and to help improve the quality of life for them and their caregivers by offering support, relief, respite, and counsel. We serve both participants and their families from all areas of Davidson County.



## What does The Life Center do?

Our program strategies focus on the development of a comprehensive and individualized plan of care that supports the participants' physical, mental, social, and spiritual health.

Our care services include: daily exercise; bowel and bladder toileting; medication management and administration; health care monitoring by our nursing staff, including: blood pressure, blood sugar, weight, temperature, respiration, oxygen levels, inhalation therapies, nutrient and fluid intake, injections, and blood draws. We also offer bathing and shaving services.

If a participant has an individualized health condition that could benefit from additional monitoring, we can collaborate with the participant's Primary Care Physician to provide the individualized care they need.

We work to stimulate cognitive and emotional development through art, music, games, physical activity, and consistent social interaction.



# DIETS AND ACTIVITIES

A nutritious breakfast, lunch, and afternoon snack are provided. All meals are made on site with fresh ingredients and are approved by our registered dietitian.

The Life Center provides modified diets as ordered by participants' physicians. Some examples of therapeutic diets are: chopped, cut-up, ground, and thickeners.



We offer a variety of activities designed to enhance the participants' feelings of self-worth and usefulness, stimulate creativity, provide safety, enjoyment, and fun.

Activities are planned to meet the interests, needs, and abilities of the participants with an emphasis placed on utilizing strengths. Time is also scheduled for rest and relaxation.



# ABOUT OUR STAFF

Our staff members have extensive experience working with older and impaired adults. Their patience, sense of humor, and trustworthiness is crucial to The Life Center's daily operations.



All staff members are certified in CPR and First Aid and receive training on providing care to older and impaired adults. The staff has been trained in the CARES® Online Dementia Training Program and certified in the Alzheimer's Associations™ essentiALZ™ program. Benefits of this training include:

- Increased understanding and commitment to serving participants living with Alzheimer's disease and dementia
- An improved quality of life for the participant as evidenced by the specialized care they receive at The Life Center

# HOW TO ENROLL

**Step 1:** Come in to The Life Center for an evaluation from our team. Call 336-249-2155 to schedule an appointment.

**Step 2:** Complete participant enrollment form that is available at The Life Center or on our website at [lifecenterdavidson.com/registration/](http://lifecenterdavidson.com/registration/).

Scan the QR code to go to the link!



**Step 3:** Have a medical form completed by the Primary Care Physician.

**Step 4:** Once steps 1-3 have been completed, call 336-249-2155 to schedule your enrollment.



## The Life Center is for someone who is:

- Able to benefit from a therapeutic activity program
- Able to benefit from the companionship of others
- Able to transfer from a wheelchair to chair with minimal assistance
- Able to adapt to the group setting both physically and mentally
- Able to feed themselves independently or with cueing
  - Able to benefit from bowel/bladder program
- Not disruptive or verbally or physically harmful to others

# PAY FEE SCHEDULE

**Initial Enrollment Fee**

**\$25.00**

**Full Day**

**\$83.00/Day**

## **Additional Services**

*Bath/Shower*

1 Person Assist – \$20.00

2 Person Assist – \$25.00

*Shave – \$10.00*

*Trim Fingernails – \$10.00*

*Tweezing Facial Hair – \$10.00*

## **FULL DAY INCLUDES:**

- Breakfast (8:30–9:00 AM)
  - Lunch (12:15 PM)
- Afternoon Snack (2:00 PM)
- All Activities and Supplies
- Personal Care Assistance with Ambulation and Toileting
- Nursing Care and Supervision

## **PAYMENT OPTIONS**

Assistance is available to those who cannot afford to pay.

VA may pay for care based on service for veterans and their spouse.





# NC CARE 360

NCCARE360 is the first statewide network that unites health care and human service organizations with a shared technology enabling a coordinated, community-oriented person centered approach for delivering care in North Carolina. NCCARE360 helps providers electronically connect those with identified needs to community resources.



## NCCARE360

### How does it work?

If you have a **service** for the community, you can become a Network Partner. This allows others to refer clients and patients to you based on your provided services.

If you have a **need** (ex. utility assistance, food insecurity, or housing), our Family Caregiver Specialists at The Life Center will guide you through the referral process to connect you with needed services.

Scan the QR code to go to the website: [nccare360.org](https://nccare360.org) for more information!



# SUPPORT GROUPS

The Life Center offers 3 free monthly support groups.

Call 336-249-2155 for updated support group dates and times!

## **Family Caregiver**

This support group is for those caring for an older or disabled adult. This support group is also offered via zoom. To get the zoom link, please email [cpyle@lifecenterdavidson.com](mailto:cpyle@lifecenterdavidson.com) or call (336) 249-2155 to register.

## **Grandparents Raising Grandchildren**

This support group is for those who have taken on responsibility of a grandchild(ren).

## **Parkinson's**

This support group is for individuals diagnosed with Parkinson's and for those who are a caregiver to a loved one diagnosed with Parkinson's Disease.



**The Life Center's  
Family  
Caregiver  
Specialists**



# GRANDPARENTS RAISING GRANDCHILDREN

Grandparents raising grandchildren face a number of issues that impede the caregiving of their loved ones. Aging health issues, financial and social difficulties, along with language and technology barriers all affect how grandparents are able to care for their grandchild.

With this program at The Life Center, we will meet the needs of this demographic through offering bi-lingual services, a support group, education of resources, and connection to community organizations to meet needs.

## Connections to Resources

*Referrals to different services within the community:*

Mental Health Services ● Social Services ● Social Enrichment





# CAREGIVERS OF DC

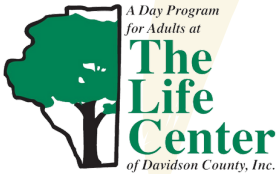
You care for them. We care for you.

Caregiver stress is an often unrecognized issue in the care of older and disabled adults and can lead to a decrease in quality care for the loved one and negatively impacts the quality of life for the caregiver and other family members.

Being a caregiver, while rewarding, is also an isolating endeavor. This isolation can lead to a sense of helplessness and hopelessness.

Our website, [caregiversofdc.com](http://caregiversofdc.com), has been designed to alleviate stress for caregivers in the Davidson County community by offering links to helpful resources, a calendar of caregiver activities and events, and a caregiver message board, which connects caregivers with one another.

Our caregiver website provides a point of contact with others who are involved in the caregiving process.



More than **one-third** of caregivers continue to provide intense care to others while suffering from poor health themselves.

Scan the QR code to go directly to the Caregivers of DC website, [caregiversofdc.com](http://caregiversofdc.com) to access resources and support!



Caregiver support is a vital part of the care plan for any older or disabled adult. Through utilization of our website we provide caregivers 24/7 access to a toolbox of support resources in Davidson County.



*A Day Program  
for Adults at*

**The  
Life  
Center**  
*of Davidson County, Inc.*



United Way  
of Davidson County  
**PARTNER AGENCY**



NCCARE360



*Call to schedule a tour*

The Life Center of Davidson County, Inc

601 West Center Street

Lexington, NC 27292

Phone: 336-249-2155 • Fax: 336-249-2374

Email: [info@lifecenterdavidson.com](mailto:info@lifecenterdavidson.com)

Website: [lifecenterdavidson.com](http://lifecenterdavidson.com)

**Open Monday - Friday**

**7:30 AM - 5:00 PM**

## Resources

[1] An Overview of the Aging Population & Individuals with Disabilities  
(Davidson County)

[2] Local Leader in Community Living Area Agencies on Aging