

“Mother is able to socialize with a variety of individuals and participate in some structured activities which are different from her home situation. As for myself, I have been able to “turn loose.” I had reached the point where I felt that I was the only one who could care for her in the ways she needed. The Life Center has proven to me that such a program works, and the quality of both our lives has been enriched.”

**C. Williams**  
(Caregiver)

I like to mingle with all the people. They are very friendly. The food is good. All the activities keep you busy so I don't get sleepy.

**Gladys Perry**  
(Participant)

“They (staff) are not dealing with the loss of who my mother used to be, but rather they enjoy the person she is. By their example, they help us look forward and find meaning in the times we share today instead of looking backward wishing for what once was.”

**Dee and Dodee King**  
(Caregivers)

## *Benefits*

- *Sharpen Cognitive Skills* • Increase Short and Long Term Memory • **DECREASE CONFUSION**
- Enhance Self-Control • *Reduce Anxiety* • Improve Ways of Coping • **REDUCE STRESS** • Elevate Emotional Well-Being • Promote Adjustment to Disability • *Strengthen Psychological Well-Being* • **BUILD SELF-ESTEEM** • Develop Trust • *Promote Community Integration* • Expand Interpersonal Relationships • **ENHANCE COMMUNICATION SKILLS** • Increase Life Satisfaction • Prevent Decline in Health Status • *Enhance Quality of Life* • **REDUCE FAMILY AND CAREGIVER STRESS** • Build Family Unity • *Minimize Health Care Costs* • Manage Chronic Illness • **EXPAND SUPPORT NETWORK** • Reinforce Acceptable Behaviors • *Enhance Independence* • Maintain Productivity • **IMPROVE CARDIOVASCULAR FUNCTIONING** • Increase Self-Reliance • Contribute to Overall Health • *Enhance Body Image* • **ADDRESS PSYCHOSOCIAL NEEDS** • Increase Strength And Endurance • Acquire Knowledge and Skills • *Increase Physical Conditioning* • **ENHANCE DECISION-MAKING SKILLS** • Decrease Social Isolation

# LIFE CENTER

## ADULT DAY HEALTH SERVICES



*A perfect way  
to spend  
the day*

411 W. Mathews Ave.  
Stillwater, OK 74075  
405-377-0978  
[www.lifecenterads.org](http://www.lifecenterads.org)

# What is Adult Day Health Services?

The Life Center is a community-based program that provides a variety of health, social, and related support services in a congregate setting during daytime hours. The Life Center assists persons to improve or maintain their level of functioning through utilization of individualized plans of service which consider each person's needs, interests, and abilities.

## What can we offer the *participant*?

- Noon meals, including special diets
- Assistance with Activities of Daily Living
- Medication administration
- Health and nutrition monitoring and education
- Nursing Services
- Physical Therapy
- Speech and Memory Therapy
- Aquatic Therapy
- Protection and Supervision
- Recreation Therapy
- Individual and Group Exercise
- Recreational and Leisure Activities

## What can we offer the *caregiver*?

- Caregiver Education and Support Group
- Scheduled and Drop-in Respite
- Information and Referral
- Caregiver/Staff Conferences

## Who *attends* the Life Center?

- Persons with physical disabilities, such as those caused by stroke, Parkinson's Disease, hip fractures, and arthritis.
- Persons with cognitive impairments such as Alzheimer's Disease, other types of dementia, and developmental disabilities.
- Persons with emotional disorders such as schizophrenia, bipolar disorder, anxiety, and depression.
- Persons who are socially isolated who would benefit from socialization and companionship.

## Life Center Staff:

- Program Director
- Health Services Coordinator
- Activity Director
- Physical and Recreational Therapists
- Licensed Practical Nurse
- Dietary Supervisor
- Outreach Coordinator
- Certified Program Assistants

## Cost and Assistance Options:

Fees are based on a set daily and hourly rate.

Persons may be eligible for partial or full coverage for services provided through:

- DHS Aging Services
- ADvantage Waiver
- DDSD Waiver

## Days and Hours of Operation:

- **MONDAY - FRIDAY**

7:30 a.m. - 5:30 p.m.

*Participants may attend for all or any part of a day or week.*

## Organization

In existence since 1983, the Life Center is a private, non-profit organization licensed by the Oklahoma Department of Health. The Center is a United Way agency and is directed by a board of local, concerned citizens.

