



STAGES of SENIOR CARE

Your Step-by-Step Guide to Making the Best Decisions | by Paul and Lori Hogan

Chapter 6: Senior Centers and Adult Care Centers: Know the Difference

Senior Centers

- Clients must be in generally good mental and physical health.
- Major focus is interaction with peers.
- For seniors who are interested in activities.
- May offer skill training, education, and information programs.
- Flexible participation and use policies; drop-ins welcome.
- No contracts or minimum participation requirements.
- Generally operated by community, local government, or not-for-profit organizations.
- Fees and costs are generally limited to meals.

Adult Care Centers

- Generally intended for seniors with age-associated disabilities.
- Accept clients with physical frailties.
- Accept clients with early-stage dementia.
- Offer programs with mental and physical stimulation.
- May offer medical services.
- Generally operated by not-for-profit organizations.
- May be associated with assisted living centers.
- Seniors must be ambulatory.
- Seniors must not be severely cognitively or physically impaired.
- Seniors must be continent.
- Source of respite care for family.

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