

# CLEAR CHOICE ASSISTED LIVING, LLC ADULT DAY CENTER

## Adult Day Program [Informational Guide]



6370 YORK ROAD, PARMA HEIGHTS, OHIO 44130  
TEL: 440-996-5433

## **Some Quick Facts**

### ***What is an Adult Day Program?***

An adult day program is designed to meet the needs of people with developmental or physical disabilities who are looking to get involved in their communities on a daily basis as an alternative to staying in a nursing home. It provides a chance for attendees to socialize with their peers, improve motor skills, and interact with members of their communities. In other words, an adult day program provides social and recreational opportunities and a wide variety of other activities to help attendees maintain their independence and promote feelings of self-worth. Adult day programs offer families and caregivers an opportunity to “take a break” from their caregiving responsibilities. Individuals attend on a planned basis that may range from one to five days per week, according to the participant’s and family’s needs.

### ***How much does it cost?***

Adult Day Care is a much more cost-effective alternative to other long-term care choices. In most cases participants pay little to nothing out of pocket because most programs are covered by Medicaid and Medicare. Subsidized funding is also available for those who qualify through the Ohio department of job and family services and the Ohio department of Aging. Medicaid recipients may also be eligible through long-term home health care programs sponsored by the State. For more information, please call the respective agencies:

<b><u>Agency</u></b>	<b><u>Website</u></b>	<b><u>Contact Phone</u></b>
• Ohio Dept. of Medicaid Services	<a href="http://medicaid.ohio.gov">http://medicaid.ohio.gov</a>	800 324 8680
• Center for Medicaid & Medicare Services	<a href="https://www.cms.gov/">https://www.cms.gov/</a>	800 633 4227
• Cuyahoga County BDD	<a href="http://www.cuyahogabdd.org/">http://www.cuyahogabdd.org/</a>	216 736 2673
• Ohio Dept. of Job & Family Services	<a href="http://ifs.ohio.gov/">http://ifs.ohio.gov/</a>	614 466-6650
• Ohio Department of Aging	<a href="https://aging.ohio.gov">https://aging.ohio.gov</a>	866 243 5678
• State Long-term Care Ombudsman	<a href="https://aging.ohio.gov">https://aging.ohio.gov</a>	800-282-1206

### ***Who is eligible to attend?***

Enrollment eligibility varies for each program. However, most people who are eligible to receive Medicaid or social security disability benefits may qualify for some type of assistance to attend a day program. In most cases, it is based on the participant’s income, age, medical needs and type of disability. Please call the respective agencies above for more information on eligibility.

### ***Can I still attend if I am not eligible?***

Although a majority of applicants get approved for some state or county assistance, there are a few that get denied. However, denial for funding does not mean that you can’t attend a day program. There are other options to cover the cost. Some private insurance companies do cover the cost of attending a day program. Clear Choice Assisted Living also accepts private pay where the attendee pays out of pocket. In such cases, attendees are billed in advance for the number of days they plan to attend, and payment is usually expected before attendance. We

can bill on a monthly or weekly basis based on the number of days the participant chooses to attend.

### ***Why are adult day services offered?***

Adult Day Programs help participants learn skills to help them become more independent in their communities and homes. It fulfills the participant's social and interactive needs by exposing them to community events, giving them opportunities to interact with peers and to participate in meaningful activities rather than just stay at home doing nothing. It also gives the home caregiver a "break" from the routine care giving to do other things. The main goals of adult day programs are:

- To provide supervised care in a safe and friendly environment.
- To maintain and improve participants health and physical abilities enabling them to live in the community.
- To offer an opportunity for individuals to socialize with new friends while enjoying a variety of therapeutic activities geared to their interests.
- To support the family/home caregiver with counseling, education, resources and advocacy.
- To allow participants to maintain their independence by engaging in meaningful activities.
- To avoid loneliness and boredom at home.

### ***How and what are the services offered?***

- Participants will first meet with a professional staff and their representative from the sponsoring agency, family members, guardians, etc to develop a plan that establishes his/her goals and objectives.
- After goals are set, staff will work with the participant to implement the plan to accomplish those goals. He/she will be supported in increasing his/her everyday living skills, such as, social, leisure, learning, computer, fitness, motor skills, etc. in a safe, comfortable, well supervised and supportive environment.
- He/she will participate in community activities, such as bowling, trips to parks, historic sites, restaurants, shopping, museums and theaters. By doing this, the participant will learn new skills and build positive relationships with people in the community.
- Attendees will participate in activities facilitated by staff to further develop their communication and social skills, so that they can develop new friendships, as well as improve their interpersonal skills.
- They will participate in dance, music therapy, bingo, board games, arts & craft, painting, ceramics, puzzles, yoga, light exercises, acting, etc.

Now that you know a little about what adult day care programs do in general, let us tell you a little about our own day program; Clear Choice Adult Day Center. But first let's start with Clear Choice Assisted Living.

## ABOUT CLEAR CHOICE ASSISTED LIVING, LLC

**CLEAR CHOICE ASSISTED LIVING, LLC** (CCAL) is a State licensed and Medicare approved home and community based service provider dedicated to providing care to people with developmental and physical disabilities in the State of Ohio. Based in Parma Heights, Ohio, we pride ourselves in the excellent and professional manner in which we serve our valuable consumers throughout the surrounding counties. Our main goal is to provide an environment conducive for individuals to live independent and more fulfilling lives within their communities based on their personal dreams, desires, interests, and strengths. In serving these needs, we will always be committed to excellence, integrity and focus our efforts to the well-being of the individuals we serve. They are our biggest priority. Our strongest qualities are embedded in our staff's passion and dedication. With years of experience serving people with disability, our staff has the skills and dexterity needed to handle various consumer needs.

We are big enough to cater to a wide variety of needs but small enough to give each individual the one-on-one attention they deserve. Each individual is given a chance to interact with other individuals and staff in an effort to enhance their social skills. This is what makes us one BIG FAMILY and separates us from other agencies! For more information about our service, please call (440) 996 5433 or visit us online at [www.ccalohio.com](http://www.ccalohio.com).

### *Clear Choice Adult Day Center*

After years of successfully providing exceptional personal care services in our clients' homes, we decided to expand that care by offering adult day services. With the same level of care and compassion, we opened our first day center on August 1<sup>st</sup>, 2015 at **6370 York Road, Parma Heights, Ohio**. The center provides non-vocational person-centered day services that support individuals in the following areas:

- a) Personal care including supports and supervision in the areas of personal hygiene, eating, communication, mobility, toileting, and dressing to assist individuals to be able to live more fulfilling lives in their communities.
- b) Skills reinforcement including the implementation of behavior support plans, assistance in the use of communication and mobility devices, and other activities that reinforce skills learned by the individual that are necessary to ensure his or her initial and continued participation in community living.
- c) Training in self-determination which includes assisting the individual to develop self-advocacy skills; to exercise his or her civil rights; to exercise control and responsibility over the services he or she receives; and to acquire skills that enable participants to become more independent, productive, and integrated within the community.
- d) Recreation and leisure including supports identified in their individual service plan as being therapeutic in nature, rather than merely providing a diversion, and/or as being necessary to assist the individual to develop and/or maintain social relationships and family contacts. -
- e) Assisting the individual with self-medication or provision of medication administration for prescribed



medication and assisting the individual with or performing health-related activities.

Our main goal in setting up the day program is to provide a community-based, socially-structured group program to meet the social and recreational needs of functionally impaired adults in a protective setting. To achieve this goal, we are guided by the principles embedded in our vision, mission and philosophy.

➤ ***Our Vision:***

- *To impact the lives of our clients in a meaningful and positive ways.*

➤ ***Our Mission:***

- *Is to serve our clients in a professional and dignified manner by respecting their rights and desires and providing them opportunities for self-advancement.*

➤ ***Our Philosophy:***

- *Every individual has certain unalienable rights that must be respected, preserved and protected by society at all times. These include the right to be treated with dignity and respect. At Clear Choice Assisted Living (CCAL), our goal is to maintain these rights while promoting and building self-esteem.*
- *We subscribe to the fundamental belief that each person has worth and value regardless of any disabilities they might have. Maintaining one's self-esteem and dignity are fundamental requirements to living a fulfilling life.*
- *At CCAL, we intend to provide opportunities for people with functional disabilities by developing skills that allow them to expand their horizons in order to fully participate in community life as independently as possible. Individual Service Programs are designed to encourage independent decision making, personal and social responsibility, and the pursuit of life, hopes, dreams, and desires.*
- *Our Adult Day Programs adhere to a philosophy of putting the individual first. We believe that given the appropriate support and opportunities, each participant in our program will experience growth and development.*

## ***Why Clear Choice?***

Clear Choice prides itself with hiring only the most qualified, professional and caring staff. Through continuous training and education, our staff delivers expert level care and attention to every individual. We are especially known for going above and beyond our clients' needs and to treat each individual uniquely. Our staff can assist in daily living skills training and development, creative thinking, and vocational training. Staff members are assigned to consumers according to their levels of need. An individual with critical needs may have two staff members assigned to him/her to address the issues outlined in their Individual Service Plan. Staff members are well trained to ensure the best quality of service and to promote self-determination.

## ***We believe in Self-determination***

Our guiding philosophy is rooted firmly in our belief that all individuals are created equal regardless of their

disabilities and that each and every one of us has the right to self-determination. We believe that all human beings including those with developmental disabilities have the right to determine their own future and decide how they want to live, work, and socialize within their communities. For that to happen, an individual must have:

- **FREEDOM:** - the opportunity to choose how to live one's life.
- **AUTHORITY:** - direction and control of the resources used to provide support.
- **SUPPORT:** - access to quality services to assist them to live the life they want.
- **RESPONSIBILITY:** - making reasonable choices that are consistent with adult behavior.

At CCAL, we will always be guided by these key principles of self-determination when formulating policies and procedures or developing a support system for the individuals in our care. The respect and dignity of the individual is always at the forefront in our efforts to serve their needs. Our role is to provide a support system conducive of a comfortable, happy and meaningful life. Our policies are therefore formulated within this framework. To achieve this goal, we will implement the following procedures:

- a) We will first collaborate with the individual, his/her guardians/parents, service coordinators and any other interested parties to set goals based on the individual's needs, interests and goals. We will then figure out the best way to achieve these goals in terms of living, working, and interacting within the community. The individual is encouraged as much as possible to lead or get involved in this process because after all, it's his/her life we are dealing with. Our main goal here is give them the utmost freedom of choice in deciding how they should live their life.
- b) When it is time to establish a Service Plan, we encourage the use of a person-centered planning approach to help the individual achieve his or her desired future based on the person's strengths, ambitions and capabilities. This means focusing on an individual's choices, interests, desires, and preferences as it can both prevent and reduce challenging behaviors.

## *Our Services*

We offer opportunities for meaningful interaction and community participation. Each individual's needs and interests guide the life enrichment activities we plan and the opportunities we offer. Some of these include:

- Interactive entertainment
- Socialization with peers
- Assistance with functional development
- Playing board games
- Arts & Craft, Ceramics, etc
- Medication administration assistance
- Compassionate care
- Light exercise
- Themed Events
- Increase motor skills by playing Wii and dancing

## *Life Skills Development*

- We offer training in functional skill development that focuses on each participant's individual strengths and interests. We encourage participants to enhance their skills in independent living, communication, socialization, and prevocational skills.

### *Socialization*

- We facilitate positive social interactions among our consumers, staff, and the community at large. We strive to promote self-esteem and to have each participant experience some measure of joy and success each day they are in our program.

### *Pre-vocational Skill Training*

- We provide training in specific job-related skills based on each participant's individual capabilities and ambitions by empowering them to pursue employment in their area of interest. Ultimately, what we offer is the opportunity for greater independence and the sense of what it means to be truly, actively engaged in the community.

### *When and where are the Day Services Provided?*

Our Adult Day Center is located at **6370 York Road, Parma Heights, Ohio 44130**. We are open Monday to Friday from 8:30 am to 5 pm. Transportation to and from the Center can be arranged if needed and depending on the location of the participant.

### *Requirement for Admission*

There are no specific requirements necessary to attend our day program. We serve all adults, both Medicaid and non-Medicaid, regardless of the county of origin or residence, sexual orientation, nationality, race or gender unless there is statutory authority which limits enrollment. If at any time, we reach our maximum capacity, we will place individuals on a waiting list. This waiting list will be established in accordance to the intake date and type of service the individual is requesting.

### *Caregiver Ratio*

The caregiver ratio will be based on acuity scores of individuals and other factors stipulated by the board of developmental disability and the respective counties we operate in. As a general rule, CCAL will have one staff for every 5 individuals unless other situations dictate otherwise.

### *Resident Supplies*

- Clients who require adult undergarments (diapers) will be supplied by the family. Please keep an adequate supply available at the center for your family member.

### *Smoking Clause*

- CCAL allows individuals who are deemed appropriate to smoke at a designated area. There will be no smoking allowed inside the building.