



Please call us during business hours and ask to speak with one of our Social Workers. We will be glad to answer all your questions and guide you through our enrollment process.

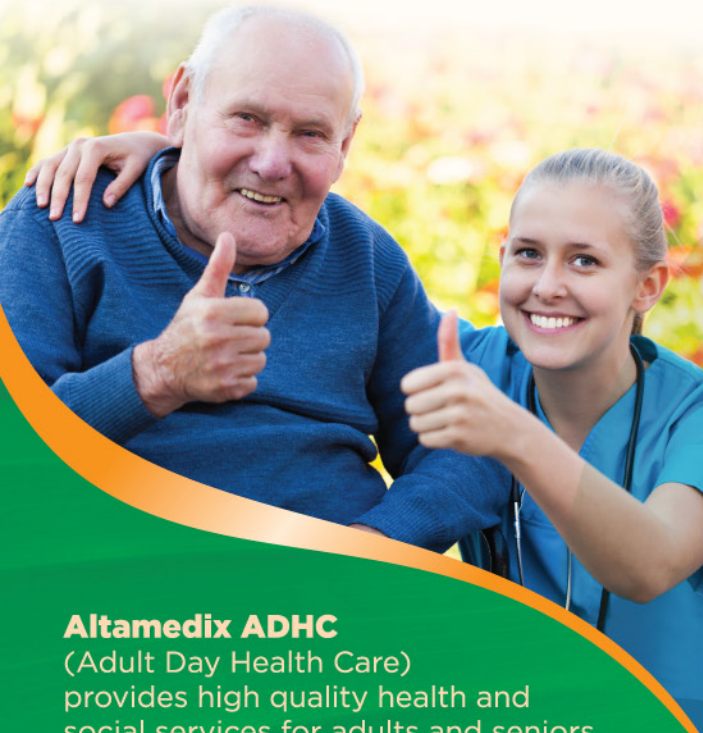
**Phone: (916) 648-3999**  
Fax: (916) 648-1919

**Program hours:**  
Monday - Friday  
9:00 AM - 3:00 PM

**Office hours:**  
Monday - Friday  
8:00 AM - 5:00 PM

Occupational Therapy  
Nursing Services  
Nutrition  
Social Services  
Therapeutic Activities  
Mental Health Services  
Therapy  
Respite Care





### **Altamedix ADHC**

(Adult Day Health Care) provides high quality health and social services for adults and seniors with chronic medical, cognitive or mental health conditions by helping them to regain and maintain their ability to live independently and ease the need for family care. The primary goals of the program:

- Restore or maintain optimal capacity for self-care
- Delay or prevent hospitalization and institutionalization
- Relieve caregivers of the stress of constant care

**Altamedix ADHC** provides a comprehensive service package to address each participant's health and social needs:

**Nursing Services:** observation and monitoring, medication management, blood pressure monitoring, liaison with physician and other health care providers, assistance with personal care, blood glucose testing, wound care, injections

**Social Services:** counseling, support, information and referrals

**Therapeutic Activities:** arts and crafts, educational programs, ESL classes, movie club, music club and concerts, news and discussion, table games, field trips to local stores and museums

**Nutrition:** balanced breakfast, lunch, nutritional counseling by Registered Dietitian

**Physical/Occupational Therapy:** individual and group exercise program, massage therapy, cold laser therapy, parafango and mud treatment

**Speech Therapy**

**Mental Health Services**

**Transportation** to and from the center by our buses equipped with a wheelchair lift

**Respite Care** to relieve caregivers of the stress of constant care

**Other Services:** spiritual care, hair stylist, monthly birthday celebrations



### **Insurance Accepted**

The following Medi-Cal Managed Care Plans cover ADHC services:

- Anthem Blue Cross
- CA Health & Wellness
- HealthNet
- Kaiser Permanente
- Molina Healthcare
- Partnership HealthPlan of California

Other payment options include Long Term Care insurance, Private Pay.