



### **Adult Day Program Facts**

- We have served Rockford & Surrounding area since 1973.
- We maintain a staff to client ratio of 1 to 6
- We focus on a Person-Centered Care approach
- We have a nurse on duty
- We serve breakfast, a hot lunch, and a snack each day, meeting nutritional requirements for seniors
- We have a daily exercise program. All clients are encouraged to participate
- We have a respite program for clients who only need our service occasionally
- We are a part of Lifescape Community Services Inc. which includes Meals on Wheels, Information and Assistance, Transportation, Caregiver Assistance, Grandparents Raising Grandchildren and Senior Dining Sites in Winnebago, Boone, Ogle, and Lee Counties

### **Lifescape Community Services, Inc.**

#### **Mission**

*“To promote independent living and enhance the quality of life for individuals by providing affordable nutrition and other services, with an emphasis on the aging population.”*

### **Adult Day Program Mission**

*“To provide activities, programs & services which assist older adults & their caregivers in maintaining independent, meaningful, and purposeful lives.”*

Lifescape Community Services complies with applicable federal civil rights laws and does not discriminate, exclude people or treat them differently on the basis of race, color, national origin, age, disability or sex. For a more detailed description of our nondiscrimination policy please visit [lifescapeservices.org](http://lifescapeservices.org).



## **Lifescape Adult Day Program**



### **Client & Family Handbook**

**This booklet contains important information for you and your family concerning the Adult Day Program. Please keep this information for your reference.**

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# DID YOU KNOW?

The Adult Day Program is only 1 of the many resources Lifescape Community Services has to offer the community. If you or someone you know could benefit from additional assistance please contact our main office for more information and eligibility criteria for following programs:

## SeniorAssist Programing

- Aid to the Blind and Disabled
- Supplemental Nutrition Assistance Program
- Food Pantries
- Homestead Exemptions
- Rockford Housing Authority
- Home Weatherization
- Illinois SeniorCare Programing
- Family Caregiver Support Group
- Medicaid
- Home Visits
- Low Income Home Energy Assistance Program
- Caregiver Wellness
- Senior Health Insurance Program
- Social Security
- Supplemental Security Income
- Grandparents Raising Grandchildren
- Senior Tax Assistance
- Defensive Driving

## Nutrition Services

- Meals on Wheels
- Senior Dining Sites

## Health and Wellness

- Chronic Disease Self Management Program
- A Matter of Balance: Managing Concerns About Falls Workshop
- Take Charge of Your Health: Live Well, Be Well Workshop

Contact Our Main Office @  
815-963-1609 for more  
information



## **For A Free Visit Day**

Do you want to learn more about The Lifescape Adult Day Program? We invite you to schedule a visit with us!! During your visit you will have the opportunity to enjoy the activities, meet other clients, and staff, eat breakfast and/or lunch, and learn more about what the Adult Day Program can do for you!

Give our Admissions Coordinator a call at 815-964-2433 to learn how you can schedule your free 4 hour visit today!!



Thank You, we look forward to having you as part of our  
“Family” !  
We hope to see you soon!

## **Program Address & Community Contacts**

Lifescape Adult Day Program  
1330 South Alpine Rd.  
Rockford IL 61108  
815-963-2433\*\*

### **Lifescape Community Services**

705 Kilburn Ave  
Rockford IL 61101  
815-963-1609

(General information on services for seniors, including Meals on Wheels, Information and Assistant, Caregiver Assistance, Transportation, Grandparents Raising Grandchildren, Senior Dining Sites, Senior Expo, referral sources, etc.)

### **Other Resources**



4223 E. State St, Rockford IL 61108  
815-971-3501



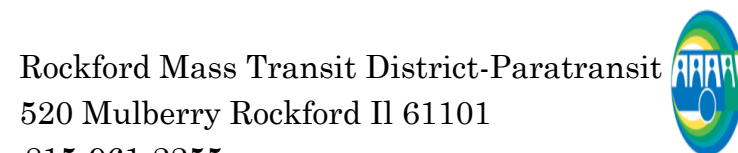
Illinois Department of Human Services  
107 N. 3rd St, Rockford IL 61107  
815-967-3725



1111 S. Alpine Rd. #307 Rockford IL 61108  
815-484-1300



William S. Middleton Memorial Veterans Hospital  
2500 Overlook Terrace, Madison WI 53705  
888-478-8321  
Eligibility Line: 1-888-478-8321 x17038



Rockford Mass Transit District-Paratransit  
520 Mulberry Rockford IL 61101  
815-961-2255



Northwestern Illinois Area Agency on Aging  
1111 S. Alpine Rd Rockford, IL 61108  
815-226-4901



### **Alzheimer Association's: Safe Return Program**

Safe Return is a nationwide ID, support & registration program. It provides assistance if a person becomes lost. Assistance is available 24/7, whenever a person is lost or found. There is a registration fee. If you would like more information on this program, please contact us at 815-964-2433. If you are already participating in this program, let us know.





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

Our Adult Day Program is a community based program designed to meet the needs of functionally and/or cognitively impaired adults through an individualized plan of care. Our structured, comprehensive program provides a variety of health, social and other related support services in a protective setting during any part of the day, but less than 24 hour care.



## **How are Adult Day Programs Funded?**

Various reimbursement resources are available to clients and their families. For those participants under the age of 60, the Department of Rehabilitation can be an option. The Community Care Program can also serve as an excellent resource for those over age 60. Veterans are potentially able to receive financial assistance through the local or regional VA office.

**If one does not qualify for the above mentioned assistance, services can also be funded privately if no other option is available and arrangements can be made through our business office.**

### **Mandated Reporters**

**Please note, all staff at the Lifescape Adult Day Program are Mandated Reporters in the State of Illinois. If you have questions about Elder Abuse, please contact the Illinois Department on Aging at 1-800-252-8966**

## **Payment**

The cost to attend the adult day program is dependent on attendance. We have an hourly rate, of \$11.50/hr. We also offer transportation at an additional cost, \$8.50/one way. The average cost of a day at the adult day program is a cost effective option compared to Home Health or Skilled Nursing services.

If you are in need of financial assistance there are several options for referral for financial assistance if one qualifies. We are happy to assist families with exploring options if they express interest.

- The Department of Rehabilitation Services (DORS) may be an option for clients under age 60, if they qualify.
- Mercy Health @ Home can facilitate payment through the Community Care Program for those over 60, if they qualify.
- The local VA office can assist Veterans, if they qualify.
- For those unable to qualify for any of these programs, Private Pay is an option.

## **Exceeding CCP Contract Hours of Service**

*To our clients who receive Community Care Program Assistance:*

Those utilizing the Community Care Program (CCP) are required by CCP to sign a Client Agreement. This agreement indicates the daily maximum amount of adult day service hours CCP will provide. Clients who exceed CCP contract hours may be charged for the costs of service. If this situation applies to you or if you would like to request an increase in hours, you should contact your case manager through the Mercy Health at Home (815-971-3502). Requesting re-determination may result in an increase in daily maximum hours allowed.

We do everything possible to ensure you do not exceed the approved CCP hours. If CCP hours are exceeded, it will be necessary for Lifescape Adult Day Program to pass this cost on to the client. The amount of hours exceeding the daily maximum will be totaled and billed at the current rate for private pay clients. Please understand that only when the daily maximum of hours is exceeded will this charge be applied.

*Please Note: All clients receiving funding are responsible for all hours that exceed those authorized by their funding source. If there is a question regarding your loved ones authorized hours please do not hesitate to contact our office.*

## **Staying an Active Client:**

### **Requirements for Lifescape Adult Day Program**

In order to make sure those who attend our day program are appropriate, we must follow the guidelines set forth by our regulatory agencies. We do everything possible to ensure clients remain in the program for as long as possible, but there are times discharge or scheduled absence from the program is needed. The following criteria will identify when a client is not able to attend programming.

- Client becomes bedfast
- Client does not have the strength or stamina to attend for 6 hours a day
- Client cannot sit up for at least 30 minutes at a time
- Client is in an infectious state of a communicable disease
- Clients behavior deteriorates to the point he/she is destructive to self or others or is severely disruptive in group setting or sexually inappropriate to staff or clients
- Client improves to the point they do not benefit from the activities
- Client who becomes continuously incontinent
- Client who is unable to ambulate with the use of their assistive device, or is unable to self propel their wheelchair.
- Client requires two person transfer
- Client is unable to assist staff when transferring (cant bear any weight)
- Client requires IV therapy while at center
- Client, caregivers, and family agree that continued participation is no longer of benefit to the client
- Client is discharged to long term care or assisted living

*If there is a question regarding continued participation, please do not hesitate to contact our office!*

## **Our Philosophy of Care**

It is our philosophy that in providing adult day programming to our clients, we approach each person as a unique individual, a person with strengths and weaknesses, a person with potential for growth and development and that each individual has much to offer to the program in terms of wisdom & experience.

The holistic approach will be applied in the provision of care to our clients. A holistic approach addresses the physical, social, emotional and environmental aspects of our clients and their families.

Our philosophy promotes positive attitudes toward self-image, restoring, maintaining and stimulating capacities for independence while providing supports for functional limitations

We strive to create a warm, respectful, home-like atmosphere that promotes involvement, enthusiasm, & enjoyment. This will in turn promote increased stimulation of both mind and body.



**Statement of Client Rights**

Lifescape Adult Day Program respects the rights of the client and caregiver involved in our programing. Staff ensures client rights are maintained and respected as listed below:

**The right....**

- To a safe, secure, and clean environment.
- To be treated as an adult, with consideration. Respect, and dignity, including privacy in treatment and care for personal needs.
- To participate in a program of services and activities designed to encourage independence, learning, growth, and awareness of constructive ways to develop one’s interests and talents.
- To self-determination within the day service setting including the opportunity to
  - ✔ Participate in developing or changing one’s plan for services.
  - ✔ Decide whether or not to participate in any given activity.
  - ✔ Be involved to the extent possible in program planning and operation.
  - ✔ Refuse treatment and be informed of the consequences of such refusal.
  - ✔ End participation in the adult day program at any time.
- To a thorough initial assessment, development of an individualized plan of care, and a determination of the required level of care
- To be cared for in an atmosphere of sincere interest and concern in which needed support and services are provided
- To receive nourishment and assistance with meals as necessary to maximize functional abilities and quality of life
- To confidentiality and the guarantee that no personal or medical information will be released to persons not authorized under law to receive it without the participants written consent.
- To voice grievances about care or treatment without discrimination or reprisal.
- To be fully informed as documented by the participants written acknowledgment of all participants rights and responsibilities and of all rules and regulations regarding participant conduct and responsibilities.
- To be free from harm, including unnecessary physical or chemical restraint, isolation, excessive medication, abuse, or neglect.
- To be fully informed at the time of acceptance into the program of services and activities available and related to charges.
- To communicate with others and understood by them to the extent of the participant’s capability.

**Medical Clearance**

We want you to stay healthy! We request medical clearance from your doctor after any medical is-  
sue including but not limited to: heart attack, stroke (CVA), hospitalization, major surgery, visit to  
the emergency room for symptoms displayed at the Adult Day Program, a diagnosis of a  
communicable disease such as C-DIFF, TB or MRSA, or extended absence (3 days or more)  
related to medical issues.

**Please Note:** If a client takes extended leave to visit family, a seasonal break, ex., we may require  
a medical clearance and/or 4 hour visit upon their return. Please speak with our staff prior to your  
loved ones return to program in order to coordinate a safe return to the Adult Day Program.

**Medication Dispensation**

**What Medications are allowed at the day program?:** ALL medications given or  
discontinued during program hours require the clients primary care provider’s authorization prior  
to their dispensation. If your loved one takes medication during the day, please alert our program  
nurse so the appropriate paperwork can be acquired.

**Please Note:** Clients are NOT allowed to carry medication, unless their physician has  
indicated they are able to self medicate & the program nurse has prior notification.

**Exemptions to Physicians Orders Include:**

- \* Chapstick/Lip Balm
- \* Non-medicated cough drops
- \* Waterless hand cleanser
- \* Saline eye drops or nose spray
- \* Hand creams/lotions
- \* Sunscreen

**Advanced Directives**

Our staff has been taught to provide First Aid and CPR when needed; they are trained to call the  
paramedics when a medical crisis occurs on site.

Some people do not want medical treatment in emergencies., and advanced directives (DNR) are  
legal documents that alert us to your wishes, should you become unable to make treatment deci-  
sions. In Illinois Living Wills & Power of Attorney for Healthcare are two kinds of advanced direc-  
tives, please provide a copy of your DNR or Advanced Directives to our office.

**Do-Not-Resuscitate (DNR)**

Some people do not want to receive CPR. A “DNR” order means that you request cardiopulmonary  
resuscitation (CPR) not be started if your heart stops beating. To ensure your wishes are met, an  
original, signed and dated ‘Do-Not-Resuscitate” order (DNR) must be in your chart, on our site.  
Please note: If we do not have a written, complete DNR order on site, we follow our  
policy. (do emergency first aid/CPR & call paramedics).

*Federal law requires you be alerted of your right to make decisions about the health care you get now and in the future. The Adult  
Day Program has available, on request, information concerning the Illinois Law on Advanced Directives, Powers of Attorney for  
Health Care, Living Wills, Do Not Resuscitate Orders, and a Statement in the Absence of Advanced Directives.  
For more info, talk to your medical professional. The state of Illinois, Department of Human Services & the Illinois  
Department of Public Aid has excellent information on their websites regarding advanced directives & “Do Not Resuscitate” orders.  
<http://www.dhs.state.il.us/OneNetLibrary/27897/documents/Forms/IL462-007.pdf>  
<http://www.idph.state.il.us/public/books/dnrform04b.pdf>*

## **Reasons to Stay Home**



While we encourage all clients to attend programming as scheduled, there are times when it is important to stay home. These include, but are not limited to the following:

### **General Medical Reasons :** **\*\*Please stay home if your loved one is experiencing :**

**A Fever-**A temp of 100 degrees or more. Clients must be fever free, WITHOUT medications for 24 hours in order to return to program. Please keep them home if they had a fever the night before.

**Strep Infection-** Symptoms include sore throat, swollen tonsils or lymph nodes in neck, fever, chills, malaise, nausea, or vomiting. Your loved one must be on an antibiotic for 24 hours, fever free, return to program authorization from their physician, & feel well enough to participate in programming prior to their return.

**Diarrhea and/or Vomiting-** This is uncomfortable & being near a bathroom becomes a priority. If these symptom persists, you should contact your physician.

**Conjunctivitis Or Pink Eye-**This is HIGHLY contagious and uncomfortable. Symptoms might include itchy eyes, red eyes with yellow/white discharge, sensitive to light, or upon waking eye lashes stuck together. Contact your loved ones physician if you think they may have pink eye. Your loved one will need to be on antibiotic drops for 24 hours & have a medical clearance in order to return to program.

**Runny nose & Cough-** If your loved one has a heavy, moist, productive cough, chest congestion, or discolored nasal drainage.

**COVID Positive-**Should your loved one test positive for COVID or have direct exposure they must remain out for a minimum of 5 days, be symptom free, fever free for 24 hours (without medications), & retest & report results prior to their return. Should your loved one continue to test positive, they must remain out for an additional 5 days, and re-test & report results on the 10th day. Further direction & guidance will then be provided by our program nurse.

**May We Suggest-** If laxatives are used, please do not return to Lifescape Adult Day Program for at least 24 hours. This will help to prevent any embarrassing incidents at the program, and especially on the bus!

*Please Note: If you are unsure if you should keep your loved one home, please call the program nurse to discuss your individual concerns. Also, when a client develops symptoms such as a fever or diarrhea while at the Adult Day Program, we have to send them home.*

**Special Mention-Shingles-** If you have shingles, please stay home until you are prescribed an antiviral medication and have a doctor's note to return. For everyone's safety, shingles must be covered and no drainage should be present.

## **Statement of Client Responsibilities**

Our clients also have responsibilities as active members of the Adult Day Program. The following responsibilities are to be carried out by the client and/or the caregiver on behalf of the participant. The Adult Day Program staff will make every effort to ensure everyone maintains a respectful relationship.

Client responsibilities include, but are not limited to:

- ♦ Treat personnel with respect and courtesy.
- ♦ To communicate with staff to develop a relationship of trust.
- ♦ To make appropriate choices and seek appropriate care.
- ♦ To ask questions and confirm understanding of instructions.

## **Client Plan of Care**

An individualized Plan of Care is developed for each Adult Day Program client. The plan of care identifies the areas of assistance we are meeting for your loved one while in programming. Care plans are developed utilizing information from doctors, case managers, the client, his/her family, and from staff observation & evaluation. We encourage clients, family, and caregivers to take an active role in the care planning process. Clients are evaluated initially, 30 days after admission, and are then placed into a 6 month rotation. Our program nurse will notify you when your loved ones care plan will be sent home. We ask clients and caregivers to please review the care plan and return the signed signature page when complete. If you have questions, or concerns about your loved ones care plan, please contact our Program Nurse, she would be happy to help you.





**The Process to Start**

So you want to join the Lifescape Adult Day Program? We are so excited to have you, but before you start lets discuss the process. Our Admissions Process can be broken down into 4 steps:

**Step 1: Initial Contact & Site Tour:** All potential clients and family must schedule an initial tour with our Admission Coordinator. This gives the client and family the opportunity to see our facility, meet the staff, & learn more about the program in person.

**Step 2: 4hr Visit:** After a clients initial tour, a free 4hr visit can be scheduled. This gives the client an opportunity to try the program & gives the staff the chance to assess the client to make sure we can accommodate a clients needs with in our scope of care. Some things to consider when setting up a visit:

- ✔ Only 1 visitor is allowed per day; 1st come 1st serve
- ✔ Visit days are scheduled based on client needs, current program numbers/capacities & staffing patterns.
- ✔ A visit may be no less than 2 hours and no more than 4 in order for clients to experience a broader spectrum of what we do.
- ✔ Medications can NOT be administered on a visit day.
- ✔ Please bring a medication list with on your visit day.

**Step 3: Paperwork Completion:** All paperwork must be completed and returned to our office prior to your loved ones 1st day of program. This only helps to ensure that the staff will be able to promote the best care of the client. All information is kept confidential. If you should need some assistance with completing the necessary paperwork please contact our office.

**Step 4: Start Date Determination:** The final step is to determine a start date for your loved one. Our Admissions Coordinator can help you to decide on an appropriate start date and schedule based on your loved ones needs & program staffing.

**Annual Maintenance**

During the course of remaining in our program we will ask that the following be updated yearly:

- ☐ Physicians Form/Medical Information & Yearly TB test
- ☐ Emergency Contact Information
- ☐ Authorizations of Disclosure
- ☐ Income Eligibility Form

**Attendance**

**To Report a Change in Attendance**

Lifescape Adult Day Program will not bill clients for days they are absent; however, we ask that you notify our office of an absence in advance whenever possible. Please report a change in scheduled days by calling 815-964-2433. If you cannot alert us of an absence in advance (for instance, due to illness), please call as soon as you are aware of the change. We really appreciate it if you can call before 7:30 am; please leave a message on our answering machine.

**Make Up Days**

If your loved one misses a day of our program or we are closed for a holiday on a day they typically attend, they are encouraged to make that day up if they so choose. All make up days must be completed with in the same month as the missed day. We will make reminder calls for holiday make up days, however you can always give us a call, 815-964-2433, to schedule you or your loved ones make up day.

*\*Every effort will be made to grant your request for a make up day. However transportation constraints, capacity restrictions, & staffing patterns may at times prevent us from accommodating your request. Please work with our Site Manager to coordinate all make up days.\**

**Respite Services**

If you need an additional day or request respite care, please alert us as we certainly can provide this service. In order to maintain your active status all respite clients must attend a minimum of 1x per month.



Please note; the safety of our clients, their families, & our staff is our **NUMBER ONE PRIORITY.** We make every effort to open each day, however when extreme snow, ice, & cold are present it presents a major safety concern. Please be advised that the Adult Day Program may close when there is extreme snow, ice, or cold. All clients & caregivers will be notified as early as possible. If you have questions regarding whether we will open or not, please call us.

**Lifescape Adult Day Program Holidays**

In observance of holidays, Lifescape Adult Day Program is closed on the following days:

- |                 |                                |
|-----------------|--------------------------------|
| * New Years Day | * Thanksgiving Day             |
| * Memorial Day  | * Thanksgiving Friday          |
| * Juneteenth    | * Christmas Eve                |
| * 4th of July   | (observed date changes yearly) |
| * Labor Day     | * Christmas Day                |
|                 | (observed date changes yearly) |





## **Transportation**

### **Private Transportation**

In the interests of safety, the family member/caregiver transporting participants to Lifescape Adult Day Program are **required** to accompany clients into the activity room. We ask the same at the end of the day. Clients will not be allowed to walk out of the building with out the accompaniment of an authorized pick up.

### **Lifescape Adult Day Program Transportation**

Our routes are expanding every day. We try to accommodate requests but there are areas we cannot yet provide service. If you are interested in utilizing our transportation please contact our office to see if this is an option.

We make every effort to provide transportation to all clients who request it. However, at times we are unable to provide transport due to concerns for client safety, or transport distance.

Rockford Para transit provides transport for much of “our” area

If you have been approved for Adult Day Program transportation, you must fill out & return the “Transportation Request Form” before transport can begin.

### **For those who ride the Lifescape Adult Day Program Bus**

Our transportation is Curb to Curb service. Drivers must stay with the bus at all times.

Family members/caregivers are expected to walk clients to/from the bus

Drivers are not allowed to walk/escort clients to/from the bus. We appreciate your understanding in regards to our curb-to-curb service.

### **All Aboard!**

On arrival, driver sounds the horn briefly or calls form the bus using a cell phone, and waits no longer than 5 minutes for response. Drivers are unable to wait longer than 5 minutes for response because they have a scheduled route. If the participant has not exited the home in 5 minutes, the driver has been instructed to leave.

### **Safety First**

- Caregivers are to keep the path to the bus clear of obstacles, ice, and snow; a clear path to the bus is for everyone’s safety
- If an issue is reported to the program and the situation/issue is not adequately addressed by client/caregiver, transportation to/from the Adult Day Program may be suspended or terminated. This helps to keep everyone safe.
- Once the situation/issue is addressed, Lifescape Adult Day Program will resume transportation services
- Dogs must be securely chained or fenced at pick-up/drop off times. Drivers will not leave the bus if threatening dogs are loose at or near the client’s home. The driver will wait 5 minutes for the animal to leave the vicinity or be confined. If the situation has not changed in that time, the driver will leave.
- For comfort, safety, and cleanliness: eating, drinking, chewing tobacco, and smoking are not allowed on the bus
- Prior to departure, the driver ensures that the client is seated and wearing a seatbelt
- If client utilizes a wheelchair, the driver secures the wheelchair using approved restraints
- Safe Pick-Up and return: if the driver is unable to pick up a client due to an unsafe situation at the home, staff will notify the responsible party; & transport by day program will not be provided that day. If the program is unable to return a client to his/her home due to an unsafe situation (such as no one home as scheduled, no key, etc.) the driver will return the client to the program site. The office will notify the responsible party to pick up the client before our 5pm closing.

## **Confidentiality & Visitors**



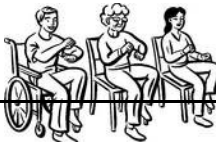






We take confidentiality seriously! In order to maintain a safe & secure environment please consider the following items as they relate to confidentiality:

- ✔ All visitors to the site must sign a Confidentiality Agreement when visiting.
- ✔ We encourage all clients, family & caregivers to review our Visitors on Site statement below:  
*Lifescape Adult Day Program is dedicated to the promotion of independent living while creating a safe, structured, and engaging environment for our clients. To help ensure the privacy, safety, and comfort of our program, we discourage visitation of family and friends during programming hours. However, in the event of an emergency whereas a visit is needed, please contact our office. All visits will be evaluated on an individual basis by the Management team.*
- ✔ We require a signed & dated Authorization of Disclosure before disclosing any information to others who are not identified as the clients POA.
- ✔ An Authorization is good for one year or until revoked by the client or POA.
- ✔ We can not let a client leave program with an individual not listed on their Authorized Pick Up Form. This is included in the admissions packet as well as available upon request. All Authorized Pick Ups & Emergency Contacts must be in writing, signed & dated to be valid.

Please help us maintain confidentiality by completing Authorizations in a timely manner; keeping Emergency Contact lists up to date; and understand why we don’t release information unless authorized to do so.

*Lifescape Adult Day Program staff maintains confidentiality of all particiapnts as defined by Administrative Codes, including but not limited to Seciton 240.340; 240.1510 (a-1, 2: f-40;)240.1555 (d-11 and 2H); and, Health Insurance Portability and Accountability Act (HIPAA) of 1996. 45 CFR 164.508. Authority Sec 1171-1179 of SSA (42 USC 1320-d-1329d-8), 262 of Pub. L. 104-191, 110 Stat 202’-2031 and sec 264 of Pub. L 104-191 (42 USC 1320d-2 note).*

## A Typical Day at Lifescope Adult Day Program

<b>Arrival</b> *We open at 7:30am!*	<b>A warm welcome &amp; A hot beverage are offered</b> *Coffee *Hot Chocolate *Hot Tea 
<b>8am-10am</b> *ADP transport typically arrives in this time frame*	<b>**Continental Breakfast</b> *Monthly menus provided to all clients *A client must arrive by 9:45 to receive breakfast. 
<b>7:30am-11am</b>	<b>Socialization &amp; Independent activities,</b> (games, cards, table games, puzzles, word games, personal projects, etc.)
<b>11am-11:15am</b>	<b>Community Meeting</b>
<b>11:15am-11:45am</b>	<b>Exercise</b> 
<b>11:45am-1:00pm</b>	<b>**Lunch</b> *Monthly menus provided to all clients 
<b>1:00pm-2:00pm</b>	<b>Structured Activity</b> See Monthly Calendars * Discussion * Conversation * Current events * Music * Games * Holiday Activity's * Crafts * Movies * Reminiscing * Story's * The options are endless    
<b>2pm-2:30pm</b>	<b>**Snack &amp; Socialization</b> *Monthly menus provided to all clients. 
<b>2:30pm-5:00pm</b> *We close at 5:00pm*	<b>Socialization and Independent activities</b> (table games, personal projects,, cards, puzzles, word games, etc.)

**\*\*We do not offer alternative meal options for dietary preferences or restrictions. Please send an alternative, ready to eat meal if your loved one requires.\*\***

## What Do I Need At The Lifescope Adult Day Program?

### What to Bring:

- ♦ A change of clothes, clearly labeled with clients name (season appropriate)
- ♦ A sweater, clearly labeled with clients name
- ♦ Adult disposable underwear & wet wipes (if applicable)
- ♦ Medication-as prescribed, in original bottles with doctors' orders on file
- ♦ Over-the-Counter Medications-Please note: the state of Illinois requires written authorization for the dispensing of non-aspirin pain relievers (such as Tylenol) by nursing staff to clients. If you need to take OTC meds during your time at the day program, you must bring your own medication, in a clearly labeled bottle, and there must be an order from your doctor.
- ♦ Diabetes Supplies (for individuals who are insulin dependent): test strips, glucometer, insulin, shakes, glucose tablets, syringes, sliding scale booklet, etc.
- ♦ Store-bought goodies (for special events like birthdays & holidays)

### What Not to Bring:

- ♦ Money-clients never need money while at program
- ♦ Valuable items
- ♦ Cell-phones-clients may bring them but there really is not time or need to use them we ask they be used in an emergency only
- ♦ Relatives-while its fun to have family around, we do not allow family to stay on site. We encourage you to enjoy your respite.
- ♦ Home-made goodies-We love them but can't eat them due to Health Dept. guidelines
- ♦ Motorized Scooter/Wheelchairs-They currently present a safety concern for all clients attending programing

\*The Lifescope Adult Day Program can not be held responsible for lost, stolen, or damaged items.\*