



Southeastern Massachusetts  
Educational Collaborative

*"I am happy with the program because he is happy with the program. He gets up in the morning and he wants to go and that is a comfortable feeling. The transition to adult services was easier for all of us."*

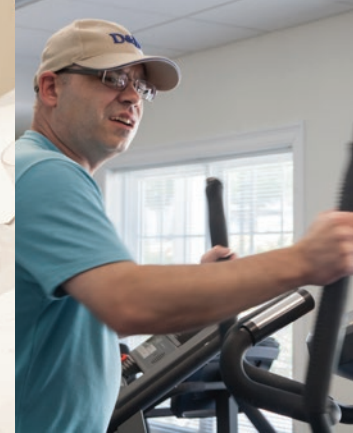
**Susan Young**

*"I have two children who attend the program and they both look forward to going every morning. They like going to do the different activities."*

**Christine Demello**

*"The best thing that happened to my daughter was the SMEC program. It is a great program and has made my daughter mature. The SMEC programs have been an important part of her life."*

**Grace Family**



LEARNING

FOR **Life**

# Adult Day Health Program



Southeastern Massachusetts  
**Educational Collaborative**

[www.smecollaborative.org](http://www.smecollaborative.org)

**Adult Service offices**

(508) 858-5127, ext 13 (ADH)

(508) 991-5477, ext 12 (SAIL)

[www.smecollaborative.org](http://www.smecollaborative.org)

# Learning for Life

The SMEC Adult Day Health Program is designed to meet the needs of individuals with developmental disabilities who live our community.

Socialization, assistance with personal care and a wide variety of activities help individuals maintain their independence and promote feelings of self worth. Individuals attend on a scheduled basis, up to 5 days per week.

## Who is eligible?

Adults (18 and older) with physical and/or cognitive disabilities who qualify for MassHealth/Medicaid may benefit from this program. Eligibility is determined by Coastline or Bristol Elder Services.

It is the mission of the SMEC Adult Day Health Program to provide our members with the highest level of quality and compassionate care. Through participation in the ADH program, our members will maintain their dignity, enjoy positive social interactions and enhance their overall quality of life.



## Activities

- Exercise
- Community Outings
- Daily Hot Lunch & two Snacks
- Crafts
- Holiday Celebrations
- Gardening
- Current Events
- Talent Shows
- Dancing

## Among the services the staff provide:

- Hot nutritional lunches and snacks that meet USDA requirements
- Exercise for all levels of abilities
- Monitoring of vital signs and overall health
- Coordination with member's personal physicians, families and community resources
- On site nursing care
- Transportation to and from the program
- Medication administration
- Coordination of daily activities