



Adult Day Health Care is an organized program of services provided during the day for participants who live at home. But, it's much more than that — the purpose of Adult Day Health Care is to enable participants to stay at home for as long as possible, and to promote social, physical, and emotional well-being.

Our services include:

- Instruction/assistance with personal care and health care
- Nutritious meals and daily snacks
- Appropriate physical activities
- Educational/cultural programs
- Social/recreational activities

DayBreak is designed to reduce social isolation and loneliness, stimulate interest in leisure activities, and enhance each participant's desire and capacity to perform the normal activities of daily living. This is accomplished by providing professional care, a warm environment, and a nurturing staff.

DayBreak Adult Day Health Center

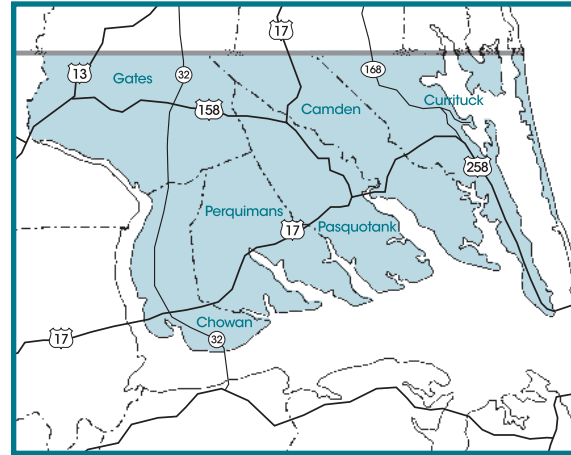
The Edgewood Center

1407 Parkview Drive • Elizabeth City
(252) 338-4375 or 1-800-478-0477

Hours of Operation:

Monday - Friday • 7:30 a.m. - 5:30 p.m.

Our Northeastern North Carolina Service Area



Albemarle Home Care, Albemarle Hospice, and DayBreak Adult Day Health Center do not exclude, deny benefits to, or otherwise discriminate against any person on the grounds of race, color, religion, sex, national origin; or on the basis of disability or age in admission to, participation in, or receipt of the services and benefits of its programs and activities, or employment.



ACCREDITED

A Program of Albemarle Home Care



PO Box 189 • Elizabeth City, NC 27909-0189
(252) 338-4066 • 1-800-478-0477
Fax (252) 338-3767 • TTY/TTD 7-1-1
www.ahc-nc.org

Northeastern North Carolina's

DayBreak Adult Day Health Center



Who Should Attend

- Adults who require assistance during the day
- Adults, whose children care for them and also work outside the home
- Adults, whose children care for them but need a break from the day to day responsibilities of caring for these special adults.

Quality Care

- A supervised, protective environment
- A dedicated, professional staff making service a top priority
- Dignified assistance and support with feeding, bathing, dressing, and other personal-care needs
- Promotion of maximum independence
- Successful management of chronic medical conditions

A Full Day with Friends

- Groups and one-on-one activities promote the development of friendships.
- Opportunities for enrichment and social activities to prevent deterioration that may lead to placement in a nursing home.
- Hobbies and special interests, such as music, dancing, gardening, field trips, arts and crafts, and much more are every day occurrences.



- Daily activities provide motivation, creative expression, and increased self-esteem.
- Exercise activities enhance functioning, health, and happiness.
- Discussion groups and educational programs provide opportunities for learning and sharing.
- Holiday celebrations and birthday parties turn days into special occasions.

Enrollment and Fees

A patient's acceptance and enrollment are determined through a personal interview with the participant and his/her family. This interview can be done when the participant and the family meet with the program coordinator during a trial visit to the center. At this time an assessment is performed to determine if the participant will benefit from the program, and if the program can meet the participant's needs. There is no fee for the assessment visit. Financial assistance may be available. Please call for more information.

Benefits to Participants

- Learning/growth opportunities
- Community involvement
- Social opportunities
- Increased self-esteem
- Increased self-care capacity and independence
- Monitoring of health needs

Benefits to Families

- Keeping the family together as long as possible
- Offering respite from the role of constant caregiver
- Enabling the caregiver to be gainfully employed
- Providing quality, affordable care

Contact Us

To visit our center, and set up your participant interview, call DayBreak Adult Day Health Center at (252) 338-4375.