



A History of Service

In our community, adult day health care began in the historic Washington School building in Eureka more than 30 years ago. Today, Adult Day Health is a program of the Humboldt Senior Resource Center and is a Community-Based Adult Services (CBAS) program licensed by the state of California.

Adult Day Health & Alzheimer's Services is located in a state-of-the-art care center at 1901 California Street built for the support of Humboldt County residents with physical and mental disabilities. We provide affordable, quality care in a warm and inviting setting.

The Adult Day Health Center includes:

- Therapy room
- Indoor garden
- Adapted bathroom facilities
- Dining and living rooms
- Secure and safe access
- Specialty lighting system
- Library and meeting rooms

Whether you are looking for services for yourself, a family member, or friend, we can help guide you.

Humboldt Senior
Resource Center
is committed to seniors
and their caregivers in
Humboldt County having
a high-quality life with
health, dignity and
self-determination
in a community of respect
and tolerance.



Humboldt Senior
Resource Center

1910 California Street
Eureka CA 95501

(707) 443-9747 ext. 3203

adhs@humsenior.org
www.humsenior.org

**Please contact us for
more information about
HSRC programs and services.**



Humboldt Senior
Resource Center

Adult Day Health & Alzheimer's Services



***Helping Make
Every Day
Your Best Day***

(707) 443-9747
www.humsenior.org

Find us on 

Adult Day Health Services

Adult Day Health is a therapeutic day program that provides care to enhance the independence and quality of life for adults with physical and mental disabilities. We also provide respite for family caregivers.

Adult Day Health is licensed by the state of California and staff is professionally licensed and trained to provide quality care.

Our services include:

- Individualized therapeutic care
- Physical, occupational, and speech therapies
- Nursing supervision of medications, medical care, and treatments
- Full spectrum of personal care services
- Daily snack and hot lunches with input from a registered dietician
- Information and caregiver support services provided by social workers
- Recreational and social activities
- Round-trip transportation from your home

What We Provide

You will be welcomed by dedicated and caring staff at the safe off-street entrance into the Adult Day Health buildings. Our participants benefit from:

- Individually tailored care plans
- Warm and welcoming atmosphere
- Trained, skilled, and licensed staff
- Seasonal celebrations
- Arts, music, and entertainment
- Socialization and friendship
- Exercise that is fun



“Above all, the program has given me hope.”

How to Enroll

**Call (707) 443-9747 ext. 3203
to make an appointment to tour the
Adult Day Health Center.**

**Ask about using the many books,
videos and information available in
the Alzheimer’s Resource Library.**

Alzheimer’s Services

The caring Alzheimer’s Services staff is available to provide support to professionals and family caregivers who are navigating the journey of Alzheimer’s disease and related disorders.



Our services include:

- Support groups for caregivers
- A free lending library of helpful books and videos
- Consultation for families and professionals
- Training and educational opportunities for family and professional caregivers
- Dementia Care Coalition of volunteers to help improve dementia care