



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 Care is a program of the Humboldt Senior Resource Center and is a Community-Based Adult Services (CBAS) program licensed by the state of California. We have two centers located at 1901 California Street in Eureka and 3200 Newburg Road in Fortuna.

Alzheimer's Services, located at 1901 California Street in Eureka, provides education, information, and services for individuals and families coping with Alzheimer's disease and other dementia-related conditions.

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

"The Adult Day Health Care program gives structure to my daily life."

Daniel M., 58, participant



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

1901 California Street
Eureka CA 95501

707-443-9747

adhs@humsenior.org

www.humsenior.org

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



Humboldt Senior Resource Center

Adult Day Health & Alzheimer's Services



Helping Make Every Day Your Best Day

With Centers in Eureka and Fortuna

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística.

Llame al 707-443-9747 TTY 711

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 707-443-9747 TTY 711

707-443-9747

www.humsenior.org

Find us on



Adult Day Health Services

Adult Day Health Care is a therapeutic day program that provides care to enhance the independence and quality of life **for adults age 18 and older** with physical and behavioral health conditions, and provides respite for family caregivers. Our program is licensed by the state of California and staff is professionally licensed and trained to provide quality care and services.

Our program includes:

- Nursing supervision of medications, medical care, and treatments
- Social work case management
- Physical, occupational, speech, and nutritional therapies
- Individual and group exercise
- Behavioral health services
- Personal care services
- Nutritious snack and lunch
- Recreational activities and special events
- Round-trip transportation from your home



Affordable Care

The daily fees to attend the Adult Day Health Care program are affordable and much less than the cost of an in-home caregiver. Please talk to us about your specific insurance coverage and needs. Program fees are covered by:

- Partnership HealthPlan of California
- Veteran's Administration
- Redwood Coast Regional Center
- Caregiver respite grants
- Private payment



“Adult Day Health Care has been a godsend for my physical and mental health.”

Sandy T., 78, participant

How to Enroll

Call 707-443-9747 for information regarding eligibility and enrollment, or to arrange for a tour of the Adult Day Health Care Center. A referral form can also be found on our website at www.humsenior.org.

Alzheimer's Services

The caring and knowledgeable Alzheimer's Services staff is available to provide support to professionals and family caregivers who are navigating the journey of Alzheimer's disease and age-related cognitive impairment.



Our services include:

- Support groups for caregivers
- A free resource library
- 1-to-1 consultations for families and professionals
- Training and educational opportunities for family and professional caregivers

Memory loss and cognitive impairment is a challenging journey. We are here to help! It's important to seek out information and support early and often. You can reach us at 707-443-9747 or via email to adhs@humsenior.org.