



GASTON COUNTY DEPARTMENT OF  
**HEALTH & HUMAN SERVICES**

330 Dr. Martin Luther King Jr. Way • Gastonia, North Carolina 28052  
Phone 704-862-7500 • [www.gastonhhs.org](http://www.gastonhhs.org)

# ADULT DAYCARE SERVICES

Adult day services are comprehensive programs specially tailored to adults who need supervision and assistance during the day.

Adult day centers are an important care option that keep families together and can improve the quality of life to both caregivers and their loved ones

# PARTICIPANT BENEFITS

Maintain

- Independence levels

Experience

- Social engagement with others

Keep

- Physical abilities intact

Receive

- Needed supervision

Enhance

- Their quality of life

# PARTICIPANT BENEFITS

Improved  
Mental  
Health

Improved  
Nutrition

Improved  
Physical  
Health

Strength in  
numbers

# CAREGIVER BENEFITS

Loved one  
ages in place

Reduced  
guilt, anxiety,  
& worry

Maintained  
employment  
and income

Respite from  
caregiving  
stressors

Enhanced  
quality of  
life



<b>Certification Required</b>	Yes	No
<b>Target Population</b>	Disabled adult 18+	Disabled adult 55+
<b>Hours</b>	7:30am-5:30pm	9am-3pm
<b>Days</b>	5 days (M-F)	2 days (T/F)
<b>Transportation Available</b>	Yes	No
<b>Staffing Ratio</b>	1:8	1:6
<b>Daily Cost</b>	\$50	\$35
<b>Funding Available</b>	SADCF / HCCBG	HCCBG
<b>Meal/Snack</b>	Lunch/2 snacks	Lunch/Coffee
<b>Activities</b>	Yes	Yes
<b>Adaptable to other locations</b>	No	Yes



# ADULT DAY CENTER- GASTONIA



# ADULT DAY CENTER MT. HOLLY





# ADULT DAY CENTER BELMONT



# DAILY ACTIVITIES



Activities are carefully planned by a qualified Activity Director



Social, physical, and cognitive stimulation through activities and programming



Community engagement



Scheduled field trips and interesting programming make The Center and Daylite *the* place to be





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*Happiness and pleasure in your home*  
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SENIOR PROM: THE ROARING TWENTIES

**Daylite** **The Center**  
RECONNECT. RENEW. RESPITE  
ADULT DAY SERVICES

# BECOME A WELL KNOWN COMMUNITY RESOURCE

