

2018/2019 Adult Day Health Information

Cedar Rapids Milestones
Milestones in Marion
Pathways in Iowa City

Programs and services for *582 participants and 130 caregivers*

- 99% ADS participants share they are **doing things more meaningful** to them because of their time at our centers.
- 99% Caregivers reporting **decreased stress** levels since Adult Day involvement.
- 96% Participants sharing they are **better able to take care of their needs** thanks to Adult Day Health Services.
- 92% Individuals report **increased knowledge of good nutrition**, which supports healthy living, due to meals, nutrition education, and programs at Adult Day.
- 84% Participants experiencing **fewer doctor and emergency room visits** since enrolling in Adult Day programs.
- 11 **11 of 11 responding caregivers** said they are better able to take care of their own personal needs because of the support Adult Day provides!

Participant Quotes

'I'm now coming three times a week because I like it so much!'

'An Elvis singer came, and we went on a picnic, and I painted! I love it!'

'You saved our sanity and have allowed my dad to be stress free.'

'They help me walk when I need it, and let me do it on my own when I can. That is a good thing.'

I needed a safe place for my wife so I could keep working. Thank you!