



Fact Sheet

The mission of More to Life Adult Day Health Center is to provide a safe and friendly group care program for dependent adults during the day. The Center provides a comfortable, clean and encouraging environment with a wide variety of activities to enrich the lives of each participant. The Program is designed to maintain the participants' highest level of independence and well-being for adults over 18 years old, including those with traumatic brain injuries, Alzheimer's or dementia. The program provides an economical alternative that enables families to remain together longer while extending independence and offering "more to life" for the recipient and for the caregiver.

Benefits include:

| | | |
|----------------------|-----------------------------|-------------------------|
| enriching activities | peer support and friendship | transportation |
| nutritious diet | shower, bathing | incontinence management |
| friendly staff | licensed nurse | patio gardening |
| wellness monitoring | secure facility | exercise program |
| financial aid | caregiver support | affordable rates |
| Saturdays | holidays | fall reduction |
| manicure, pedicure | med reminders | hair cut, color, set |
| limo tours | laughter yoga | musical performances |
| youth visits | evenings | book/poetry club |

Level of Care

Level 1: Examples of Participant's capabilities or needs:

- Eats independently. No monitoring of special diet or medications.
- Participates in group activities without special modifications or frequent one-on-one intervention.
- Occasional stand-by assistance to walk or transfer safely.
- Uses toilet without assistance.

Level 2:

- Requires regular supervision and/or assistance with eating, or personal care activities.
- Requires frequent one-on-one intervention to prevent escalation of anxiety or detrimental actions.
- Requires assistance with ambulation, transferring or toileting.
- Requires special diet, medication or Oxygen.

Fee Schedule

Program Rates

as of February 2017

| | 7:00 – 5:30 | 7-1 or 12-5 | (no lunch) 7-12 or 1-5 | 9:00 – 4:00 |
|-----------------|-----------------|----------------------|---------------------------|-----------------|
| | <u>Full Day</u> | <u>Half Day Plus</u> | <u>Half Day</u> | <u>Saturday</u> |
| <u>Level 1:</u> | \$ 64 | \$ 49 | \$ 39 | \$ 64 |
| <u>Level 2:</u> | \$ 84 | \$ 59 | \$ 49 | \$ 84 |

These per-day rates include healthy snacks and lunch except for “Half Day”.

We are also open 7:00 to 5:30 on all holidays except we are closed Thanks Giving and Christmas day.

Other Services and Fees

| | | |
|-------------------------------|-------------------------------|-------------|
| Application fee \$75, | TB test \$28 per test, | Shower \$30 |
| Transportation one way: \$10, | \$1/mile over 10 miles | |
| Limo tours : \$20 | Full Salon services available | |

Admission Requirements

Prior to admission all clients must:

1. Visit More to Life, tour the facility and meet the friendly staff.
 2. Have a Caregiver complete the application packet.
 3. Have the client’s Doctors do an assessment to confirm that Adult Day Care is a good match, and complete the Client Medical Exam form.
 4. Submit TB test results. This test can be done at More to Life.
- No minimum attendance is required, but attending at least two days a week is highly encouraged.
 - Harmful or abusive individuals will be referred to a more appropriate facility.
 - MTL is an approved **MEDICAID** and **VA PROVIDER**.
 - Some individuals may have multiple conditions or specific needs, which may require frequent staff intervention and supervision beyond Level II. These rates will depend upon the specific, specialized care required, and will be based on the assessment performed by MTL management.
 - Individual rates may change based on changes in the required level of care.
 - Some individuals who meet income and other criteria may qualify for financial assistance.

| National Average Senior Care Costs by Type | | | | |
|--|------|---------------------|------------------------------|--------------------------------|
| Type of Senior Care | Hour | Day | Month | Year |
| Home Care Aide | \$19 | \$152 (8 hrs / day) | \$3,344 (22 work days / mo.) | \$38,000 (250 work days / yr.) |
| Home Health Aide | \$21 | \$168 (8 hrs / day) | \$3,696 (22 work days / mo.) | \$42,000 (250 work days / yr.) |
| *MTL Adult Day Care | \$6 | \$64 | \$1,408 (22 work days / mo.) | \$16,000 (250 work days / yr.) |
| Adult Day Care | n/a | \$67 | \$1,474 (22 work days / mo.) | \$16,750 (250 work days / yr.) |
| *MTL Adult Day Health Care | \$8 | \$84 | \$1,848 (22 work days / mo.) | \$21,000 (250 work days / yr.) |
| Adult Day Health Care | n/a | \$85 | \$1,870 | \$21,250 (250 work days / yr.) |
| Assisted Living | n/a | \$104 | \$3,131 | \$37,572 |
| Skilled Nursing Home | n/a | \$219 | \$6,570 | \$78,840 |

From The American Elder Care Research Organization, 2010. *MTL data added later.

See more details at www.AdultDayCareReno.com or call Jeff Dold at 775-358-1988.

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NV Lic. 5904ADC-7, Sparks City Lic. 069094