



## PROGRAMS & SERVICES



### ADULT DAY HEALTH CARE (ADHC)

#### ELIGIBILITY

**Must be 18+ & have multiple chronic conditions. Payers: Medi-Cal managed care plans, the Veterans Administration, Regional Center of the East Bay, long-term care insurance, private pay and scholarship fund support for those in need.**

Choice in Aging has two licensed Adult Day Health Care centers: Mt. Diablo Center in Pleasant Hill and The Bedford Center in Antioch. Both programs offer a caring, supportive and social environment. Participants engage in therapeutic activities throughout the day that meet their health, social, spiritual and emotional needs. The social interaction provides an added sense of purpose and community. We offer programs for seniors, people with disabilities, and those with mid-to-late stage Alzheimer's at both locations. In addition, at Mt. Diablo Center, we also offer programs for monolingual Russian and Farsi speaking participants.



### CAREGIVER SUPPORT SERVICES

In partnership with the Alzheimer's Association, Choice in Aging offers two free monthly support groups for caregivers and their families. The meetings address relevant and different topics each session. Navigating the life-changing diagnosis of Alzheimer's disease or related dementias can be overwhelming, but we are here to help! We also provide grant-funded caregiver retreats and one-on-one counseling to caregivers in need of support.



### INTERGENERATIONAL MONTESSORI PRESCHOOL

Choice in Learning Montessori is the premier intergenerational preschool in Pleasant Hill. The innovative program serves children ages 2-6, educating them in the Montessori philosophy. In conjunction with Mt. Diablo Center, preschoolers and adults in our day programs interact and collaborate in a variety of activities. Students form bonds of friendship with the aging population in a safe and secure environment.



### MULTIPURPOSE SENIOR SERVICES PROGRAM (MSSP)

#### ELIGIBILITY

**Must be 60 years of age or older, have Medi-Cal with low or no share of cost, and have a serious risk for out-of-home placement.**

Serving Contra Costa, Napa, & Solano Counties, our MSSP program is a federal and state funded care management program that helps keep frail seniors safely at home and out of skilled nursing facilities. Our social workers and nurses work with each client along with their family and friends, in order to set up the resources and services needed to allow one to live as independently as possible at no cost to those who are eligible.



# PREVENTION & EARLY ACCESS FOR SENIORS (PEAS)

## ELIGIBILITY

*Must be 60 years of age or older, live in Solano County, and have a desire to participate in the program.*

PEAS is a mental health case management and suicide prevention program that strives to identify older adults who are struggling to find and/or maintain a positive quality of life. PEAS is able to provide intake, referral, brief and comprehensive case management, community-based psychotherapy, and education/outreach services to both professionals and the community.

# TRANSITION & CASE MANAGEMENT SERVICES (TCMS)

✓ *California Community Transitions*

✓ *Case Management*

✓ *Enhanced Care Management*

Transition & Case Management Services support adults in skilled care and those who are living in the community by facilitating their transition back to community living or preventing institutionalization. Our programs provide comprehensive case management services that include personalized care plans, coordination of healthcare and social services, and ongoing support to maintain independence. The goal is to ensure that individuals receive the necessary resources and assistance to live safely and independently in their homes, thereby improving their quality of life and reducing the need for institutional care.

## WANT TO KNOW MORE?

### Contact Us!



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