

## **ADULT DAY CARE**

### **GREENWICH ADULT DAY CARE (GADC)**

#### **THE RIVER HOUSE**

125 River Road Ext., Cos Cob, CT 06807

**203-622-0079** Mon.-Sat., 8:00 a.m. to 4:30 p.m.

**Website:** [www.gadc.org](http://www.gadc.org) or email for information: [lburgweger@gadc.org](mailto:lburgweger@gadc.org)

For 30 years GADC has created activity-rich days along with health, therapeutic and personal care for seniors with cognitive and/or physical impairments. Their caregivers benefit from precious daytime hours to maintain their own lives and health, which often makes the difference in allowing their loved ones to remain living at home.

Up to six days a week, seniors participate in individualized programs with fully escorted door-to-door wheelchair-accessible transportation in Greenwich and Stamford. Programs include art therapy, music, gardening, word games, current events, book club, and field trips to museums or beaches, plus nutritious meals with fresh fruits and vegetables. Professional staff delivers exercise and maintenance rehabilitative therapies, and coordinates other medical services with the participant's physicians. A licensed professional social worker offers individual counseling, home visits, and caregiver programs, including *Care Plan for Caregivers*, caregiver support and early stage Alzheimer's groups.

A separate program offers special needs attention in a safe, therapeutic environment with compassionate staff professionally trained in Alzheimer's/Dementia care, health care, physical and recreational therapies.

The River House has a space dedicated to caregivers in its picturesque location on the Mianus River in Cos Cob. Easily accessible by public and private transportation, caregivers can navigate resources to find solutions through the internet, books and periodicals. Professional staff and trained volunteers offer personal assistance, referrals and support. GADC is a 501 (c)(3) nonprofit organization.

**FEE: Call the number above for information about fees (subsidies and grants are available).**

### **ADULT DAY PROGRAM AT WAVENY CARE CENTER**

3 Farm Road, New Canaan, CT 06840

**203-594-5200**

**Website:** [www.waveny.org](http://www.waveny.org)

Social and therapeutic program with flexible hours Monday through Saturday.