THE BEDFORD CENTER FOR ADULT DAY HEALTH CARE
1811 C Street
Antioch, CA 94509 (925) 778-4171

Mail: (above)
Email: bflathers@rsnc-centers.org

Licensee | Opened
Choice in Aging | 1982
Non-Profit Organization

California Association for Adult Day Services
Continuous Member Since 1997

Languages Spoken
English | Spanish | Tagalog

Accessing Services / Intake Process | Reply Time
Call: 925-778-4171 Reply Time: 24 Hours
Email: bflathers@rsnc-centers.org

Participants are assessed by a team of health professionals, and services are provided according to an individual plan of care.

ADHC / CBAS (Medical Model) Hours & Attendance

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
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<tbody>
<tr>
<td>Monday</td>
<td>10:00 PM to 3:00 PM</td>
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<tr>
<td>Tuesday</td>
<td>10:00 PM to 3:00 PM</td>
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<td>Wednesday</td>
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<td>Friday</td>
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<tr>
<td>Saturday</td>
<td>CLOSED</td>
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<tr>
<td>Sunday</td>
<td>CLOSED</td>
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Payments Accepted
- Medi-Cal Managed Care – Contracts for CBAS with:
  - Please inquire
- Private Insurance
- Private Pay

Programs
- ADHC Adult Day Health Care
- CBAS Community Based Adult Services

The Bedford Center serves frail and disabled adults, 18 years and older who have difficulty caring for themselves at home, but wish to maintain their independence. A doctor's prescription is required for admission. A home visit is provided by our social worker for assessment and to explain admission procedures. Our service area includes Antioch, Bay Point, Pittsburg, Oakley, Brentwood, Knightsen, Bethel Island, and Discovery Bay.

Who We Serve
Ages: 18 or older Average Client Age: 80

Special Populations
- Alzheimer's / Related Dementia
- Persons with Developmental Disabilities
- Physical Disabilities

Activities of Daily Living
- Eating | Toileting | Transferring (Getting Up) | Walking

Medical Devices
- Oxygen Devices | Wheelchair | Other Assistive Mobility Devices: Walkers, Canes, Braces, etc.

Other
- Incontinence
- Injections
- Medication Monitoring
- Medicine Administration
- Non-Ambulatory
- Wandering

Additional Offerings
- Adult Education Classes
- Art
- Community Outings
- Exercise Classes
- Gardening
- Music
- Nursing
- Occupational Therapy
- Physical & Cognitive
- Physical Therapy
- Speech Therapy

ADHC / CBAS (medical) centers are required to have licensed/credential staff to provide or arrange for the following:
(A home visit and assessment are required prior to enrollment.)

- Activity Program
- Dietary Services
- Meals
- Medication Management
- Occupational Therapy
- Physical Therapy
- Physician Services
- Psychology / Psychiatry
- Skilled Nursing
- Social Work / Social Services
- Speech Therapy
- Transportation

ADP (non-medical) centers are required to have staff to provide or arrange for assistance with the following:

- Activity Program
- Care & Supervision
- Meals
- Social Services

ADVP (non-medical) programs are vendorized by Regional Centers to serve persons with developmental disabilities.
ADHC / CBAS (medical) centers are required to have licensed/credential staff to provide or arrange for the following:
(A home visit and assessment are required prior to enrollment.)
✓ Activity Program  ✓ Medication Management  ✓ Physician Services  ✓ Social Work / Social Services
✓ Dietary Services   ✓ Occupational Therapy  ✓ Psychology / Psychiatry  ✓ Speech Therapy
✓ Meals            ✓ Physical Therapy    ✓ Skilled Nursing     ✓ Transportation

ADP (non-medical) centers are required to have staff to provide or arrange for assistance with the following:
✓ Activity Program  ✓ Care & Supervision  ✓ Meals   ✓ Social Services  ✓ Transportation

ADVP (non-medical) programs are vendorized by Regional Centers to serve persons with developmental disabilities.
**Pleasant Hill**

As of 3/10/2017

**MT. DIABLO CENTER FOR ADULT DAY HEALTH CARE**

490 Golf Club Road
Pleasant Hill, CA 94523  
(925) 682-6330

Mail:  (above)
Email:  Bporter@rsnc-centers.org
Web:  www.rsnc-centers.org

**License**  
Choice in Aging
Non-Profit Organization

Continuing Member Since 1984

**Languages Spoken**

- English
- Farsi
- Hungarian
- Ilocano
- Portuguese
- Russian
- Spanish
- Tagalog

**Accessing Services / Intake Process**

Call:  925-682-6330

Inquiry, intake screening, tour, doctor's packet sent and returned, home assessment, observation, assessment days in program, MD meeting, IPC written, IPC participant/family meeting, begin attending. Time varies greatly.

**ADHC / CBAS (Medical Model) Hours & Attendance**

- Monday: 9:30 AM to 3:00 PM
- Tuesday: 9:30 AM to 3:00 PM
- Wednesday: 9:30 AM to 3:00 PM
- Thursday: 9:30 AM to 3:00 PM
- Friday: 9:30 AM to 3:00 PM
- Saturday: CLOSED
- Sunday: CLOSED

**Average Daily Attendance:** 58

**Daily Capacity:** 70

**ADP (Non-Medical Model) Hours & Attendance**

- Monday: 9:30 AM to 3:00 PM
- Tuesday: 9:30 AM to 3:00 PM
- Wednesday: 9:30 AM to 3:00 PM
- Thursday: 9:30 AM to 3:00 PM
- Friday: 9:30 AM to 3:00 PM
- Saturday: CLOSED
- Sunday: CLOSED

**Average Daily Attendance:** 6

**Daily Capacity:** 19

**Payments Accepted**

- Medi-Cal Managed Care – Contracts for CBAS with:
  - Please inquire
  - Private Insurance
  - Private Pay
  - Regional Center Funding
  - Veterans Administration

**Program/s**

- ADHC  Adult Day Health Care
- CBAS  Community-Based Adult Services
- ADP  Adult Day Program
- ADCRC  Alzheimer’s Day Care Resource Center

The goal of the Adult Day Health and Social Day Care programs is to promote health, independence and dignity while enhancing the quality of life of those we serve through a caring, stimulating and enjoyable environment. A separate, specialized program is provided for persons with Alzheimer’s or a related dementia. Two bicultural/bilingual programs serve Russian and Afghani participants. A day at Mt. Diablo Center may include nursing care, clinical therapies, as well as social and recreational activities. Two important benefits for participants are the friendships made and the sense of community these friendships foster.

**Who We Serve**

- Ages: 18 and older
- Average Client Age: 82

**Special Populations**

- Alzheimer’s / Related Dementia
- Mental Health
- Persons with Developmental Disabilities
- Physical Disabilities
- Traumatic Brain Injury

**Activities of Daily Living**

- Eating
- Toileting
- Transferring (Getting Up)
- Walking

**Medical Devices**

- Catheter
- Colostomy
- Feeding Tube
- Oxygen Devices
- Wheelchair

**Other**

- Incontinence
- Injections
- Medication Monitoring
- Medicine Administration
- Non-Ambulatory
- Wandering

**Additional Offerings**

- Care Management
- Caregiver Support Groups

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**ADHC / CBAS (medical) centers are required to have licensed/credential staff to provide or arrange for the following:**

- Activity Program
- Medication Management
- Physician Services
- Social Work / Social Services
- Dietary Services
- Occupational Therapy
- Psychology / Psychiatry
- Speech Therapy
- Meals
- Physical Therapy
- Skilled Nursing
- Transportation

**ADP (non-medical) centers are required to have staff to provide or arrange for assistance with the following:**

- Activity Program
- Care & Supervision
- Meals
- Social Services

**ADVP (non-medical) programs are vendorized by Regional Centers to serve persons with developmental disabilities.**