



Adult Day Health Center "Holds On" Through Budget Cuts

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"I love it here, but we've been jumping through hoops to keep this place open," said physical therapist Diana Bravo.

She is talking about the Wisdom Center in Salinas.

It's one of many adult day health care centers in California that's had to tighten its belt because of state budget cuts. Participants at the Wisdom Center can do everything from dancing to playing cards to picking up their favorite book off the library shelf. Everyone gets their own personal routine tailored to each individual, and organizers say it wouldn't be possible without the funding.

"The reason the cuts are so short-sided by the legislators is they're claiming they want to save money. But for every dollar they cut this year, they will spend at least five dollars next year," said Wisdom Center director Dr. Shani Robins.

Adult day health care centers provide medical and recreational attention to their elderly clients. Dr. Robins says the wisdom center provides preventative care that will keep costs down in the long run.

"The maintenance and prevention aspect of this, for example, just medication compliance alone. Keeping them from falls by doing physical therapy. Helping with major depression when motivation goes down," said Robins.

But without the steady flow of government aid, Dr. Robins says they will continue to do what they can with what they have.

Link to video: <http://www.kionrightnow.com/story/15103408/adult-day-health-center-holds-on-through-budget-cuts>

*KION is a local news station in Salinas, CA