

## Elderly Protest Health Care Cuts

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Local seniors protested Tuesday to stop Gov. Jerry Brown from eliminating funding for adult day health care centers.

In Poway, several seniors rallied holding signs asking for Brown to reconsider. The program is set to be eliminated on Dec. 1.

The protesters at the Poway Adult Day Health Care Center believe that if the programs are eliminated several of the residents will be forced to live in institutions. Most adult day health care patients live at home with their families and for those families the day centers provide them with support.



"I discovered, firsthand, how difficult in-home care giving can be," said Kathryn Holt, the Poway center's Administrative Director. "Through this life experience, I learned of an alternative to 24-hour skilled nursing care in the form of Adult Day Health Care programs."

The program increases social opportunities for those who may experience memory loss and physical decline as well as Alzheimer's or other forms of dementia, Holt said.

The adult health care program was developed in the 1970's a program to provide a range of medical, nursing, therapeutic, rehabilitative and social services to seniors and others with disabilities.

There are 21 ADHC centers in San Diego.