



## ACTIVITIES



- **Healthcare:** Tai Chi, Yuan-Chi Dance, Health Exercises, and Yoga
- **Recreational:** Dancing, Singing, Operas, and Talent shows
- **Educational:** Includes curriculum such as Computers, English, Music, Handcrafting, Drawing, and Photography
- **Spiritual Care:** Belief Fellowship, and Health Lectures
- **Outdoors:** Outings including shopping, and Buffets
- **Community Interactions:** Community engagement, and birthday parties



## DINING

- Customized food based on your current health conditions (less salt, vegetarian, shredded food and etc.)
- Chinese and western style nutritious meals
- Homemade soup and porridge
- Gifts for every Chinese and US holiday
- Buffet outings twice a month



## TRANSPORTATION

- Daily roundtrip from your home to our center
- Medical appointments
- Grocery shopping twice a week
- Retail shopping every Saturday
- Field trips such as cherry blossoms and autumn leaves.
- Embassy for Passport and Visa service
- Social Security Office for service



## SOCIAL WORK

- **Psychosocial Health Assessment**
  - Psychosocial and cognitive function status examination from our licensed social workers
  - Crisis Intervention
- **Counseling Service**
  - One-on-one
  - Group therapy
  - Refer to professional psychiatrists
- **Social Benefits & Resources Application**
  - Getting the latest news of social benefits and resources
  - Translating and filling out forms to apply for needed social benefits
- **Independent Living Support**
  - Submit the application of free cell phone
  - Letter Translation Service
  - Follow-up after discharge



# CCACC ADHC SERVICE BROCHURE

APPLY TO REGULAR MEMBERS

CALL: 301-820-7167



## CAREGIVERS

- Assist seniors to get on and off buses
- Distribute food and snacks
- Assist seniors who need help eating
- Assist seniors who have problems going to the bathroom

## OTHER SERVICES

- Free haircut service
- Massage chairs
- Nail cut service (Self-pay or Medicaid reimbursement)
- Physical therapy (Self-pay or Medicaid reimbursement)
- Acupuncture therapy (Self-pay or Medicaid reimbursement)



## ADMISSION

- Services and missions Introduction
- Visiting Arrangement
- Medical Daycare Waiver Application
- Preparation for the annual reassessment of Medicaid eligibility
- Preparation of appeal process (after the denial by the government)



## HEALTHCARE

### Physical Condition Assessment (Care plan)



- Track physical conditions with regular assessments
- Create Care plans based on assessments
- Provide Care plans for the government
- Communicate with seniors and families regarding physical conditions and needs
- Emergency aid assistance



### Medical Appointments

- Arrange medical appointments with professional physicians and labs
- Provide Chinese/Cantonese translators when visiting physicians



### Medication Instructions

- Work with pharmacies to ensure members receiving medications on time



### Healthy Diet Design

### Medical Supplies Ordering



## 活動規劃



- 保健運動：太極拳、元極舞、保健操、保健瑜伽
- 文娛活動：舞蹈、唱歌、地方戲曲、才藝表演
- 益智學堂：電腦班、英文班、動感音樂、手工藝班、書畫班、攝影班
- 關懷互助：信仰團契、粵語小組、健康講座、慶生會
- 戶外活動：郊遊、買菜、購物
- 社區互動：公寓探訪、社區中心互動



## 膳食服務



- 按身體狀況定制符合您的食物（全素、無鹽、食物打碎等）
- 每日提供中西式多種菜單，葷素健康搭配
- 每日自煲靚湯和健康養生粥
- 中國傳統節日禮品
- 每月2次自助餐



## 交通服務

- 每日往返接送住家與中心
- 送診服務
- 每週2次買菜接送服務
- 每週六商店購物
- 每年3至4次踏青賞花出遊接送服務
- 簽證與護照辦理接送服務
- 社安局相關業務辦理接送服務



## 社工服務

- 心理評估：通過談話的方式，評估會員們的社會心理及認知功能狀況，傾聽其内心期待和需求
- 心理輔導：一對一、茶話會、推薦尋求精神科醫生的幫助
- 申請社會福利與資源：協助翻譯填寫申請表格、準備文件
- 生活協助：免費手機申請、申請蒙郡的休閒運動福利資格及協助翻譯信件



# 歡樂日間保健中心 服務項目手冊

適用於一般會員  
聯繫電話：301-820-7167



## 入會申請服務

- 介紹中心服務項目及宗旨
- 安排參訪中心
- 幫助符合資格的會員申請Medical Daycare Waiver：訪談、協助填寫申請表、與政府部門溝通及幫助準備面試
- 幫助會員通過每年的資格重新審核
- 當會員被州政府拒絕之後，幫助準備上訴以及後續應對之道



## 大堂服務

- 接送會員上下車
- 分發食物、點心等
- 協助有需要的會員進餐
- 協助有困難的會員去洗手間、換尿布、洗澡



## 其他服務

- 免費剪頭髮
- 按摩椅
- 剪指甲（自費/白卡報銷）
- 物理治療（自費/白卡報銷）
- 針灸（自費/白卡報銷）



## 保健護理照護

評估身體情況並製定照護計劃  
(Care plan)

- 定期追蹤您的身體狀況
- 初始評估以及定期重新評估
- 嚴格執行照護計劃
- 定期向政府提供詳細的照護計劃
- 您或家屬可隨時向護理組聯絡；若病情緊急，護理組亦可協助安排緊急送診，或者呼叫911援助



## 預約看診

- 執照護士與您、家人及醫生及時溝通，並根據專業判斷安排與醫生看診
- 安排雙語義工，提供必要的翻譯服務



## 用藥指導

- 和專業藥房合作確保您及時領取藥物



## 設計健康膳食

專業協助申請和訂購醫療器械、用品