

# GOODLIFE ADULT DAY CARE

## PHYSICIANS GUIDE

### Referring Patients for Adult Medical Day Care

#### Who should be considered for adult medical day care?

##### An adult who...

- Has a chronic medical condition(s) requiring health monitoring or skilled nursing: (Stroke, Heart Disease, Arthritis, Diabetes, Unstable Blood Pressure, or Respiratory problems) or has early to mid-stage Alzheimer's, Dementia, Parkinson's Disease or Multiple Sclerosis
- Is frail, homebound, or recovering from a major illness or accident
- Can benefit from Physical, Occupational or Speech Therapy
- Can no longer be left alone at home safely; wanders or is becoming more confused & forgetful
- Is isolated, lonely or depressed
- Requires assistance with personal care: toileting, ambulation, bathing, eating meals, dressing (ADLs)
- Participates with Medicaid (Medicaid covers 100% of cost) or within the Global Options (GO), J.A.C.C., Veterans, or DDD program (cost coverage varies); Private Pay accepted also with our "flexible rate" options

#### Benefits of adult medical day care include:

Becoming part of our community of friends in a friendly "home-like" environment staffed with caring, courteous and experienced professionals

- Keeps patient living at home & active in the community while delaying the need for assisted living facilities & possibly nursing home placement
- Health monitoring, skilled nursing, and ADL assistance performed by registered nurses, licensed practical nurses and certified nursing aids with ongoing communications between Goodlife, you and your patient
- Access to physical, occupational & speech therapists; podiatrist, dentist, optometrist and psychologist.
- Executive Transportation Service to and from the center is included
- In-house, Gourmet Chef & Dietician provide nutritious, hot & healthy meals
- Socialization, recreation, physical activities helps patient keep from feeling lonely, isolated, & depressed

#### Addressing Patients' Concerns

- Discuss health monitoring, skilled nursing and ADL assistance will enhance physical wellness
- Emphasize that transportation is included to and from the center, they will arrive in the morning, return home later in the day & will *not* be spending the night
- Some patients are more willing to try something new if their physician advises it as part of their treatment; write an order or "prescription" for the program
- Highlight the social aspects of the center; trips, entertainment, ceramics; it can be accurately described as a social club
- Encourage the patient to take advantage of the free trial day.
- Remind them that their caregiver needs some time to take care of business without worry in order to be a good caregiver

#### Addressing Caregiver's Concerns

- Caregivers often neglect their own health & mental wellbeing resulting in illness & depression
- Encourage trying GoodLife for a week before deciding if their loved one likes it; there is no contract, long-term commitment or obligation to continue after enrolling
- Medicaid pays 100% of the costs; Global Options (GO), J.A.C.C., Veterans, or DDD program (cost coverage varies); Private Pay accepted also with our "flexible rate" options
- Goodlife keeps the Caregivers in control with constant communication of their loved one's care
- Caregivers receive a much needed respite

**TAKE ADVANTAGE OF OUR FREE TRIAL DAY !**  
FOR FURTHER INFORMATION OR ADMISSIONS PLEASE CONTACT US

**(973) 674-5100**



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