

COVID-19 Response

As COVID-19 continues to impact our communities, MENTOR Adult Day Health is taking precautions to protect the health of the people we serve and our employees. Before entering an individual's home or other care setting, staff perform wellness screenings including temperature checks to ensure that they are not showing symptoms. Staff in all care settings wear surgical masks and perform prevention measures including frequent hand-washing, cleaning/disinfecting, and regular monitoring and reporting of COVID-19 symptoms. All cleaning, food handling and personal care performed in any care setting is in keeping with Centers for Disease Control and Prevention (CDC) and local health department regulations for preventing the spread of coronavirus.

In consultation with our internal COVID-19 Task Force, public health agencies and the CDC, we continue to review and expand our guidance and processes as the COVID-19 pandemic evolves to ensure that we are using the most effective prevention measures to protect the health of those we serve.

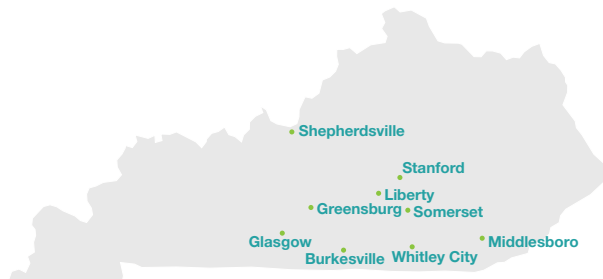
Our commitment to quality is more than a promise. It's at the heart of everything we do.



About Us

Just Family Centers are programs of MENTOR Adult Day Health. With programs located across the state of Kentucky, we offer personalized supports for elders, including nursing care, meals and activities specific to the needs of participants from many different cultures.

We accept various forms of insurance, including Medicaid. To refer an elder in your community or to learn more, visit our website at www.mentoradh.com or contact us at **606-303-3023**.



www.mentoradh.com

MENTOR Adult Day Health is an equal opportunity employer.



Celebrating Community. Supporting Independence.



Attendant Care

An In-Home Service by
MENTOR Adult Day Health's
Just Family Centers

At MENTOR Adult Day Health's Just Family Centers, we know how challenging it can be for individuals to remain independent and active as they age. Our Attendant Care services support elders with complex medical needs and other challenges in living independently in the comfort of their own home by providing the daily living supports they need to thrive.

Our services are tailored to each elder's needs, from those who require only a small amount of daily assistance to those with more intensive mobility and personal care needs. With the support of our caring staff, elders can remain in their homes, where they can feel more comfortable and connected to family and their community. Our services also provide a much-needed break and support for family and other caregivers.

Benefits of Attendant Care

- Improved health and well-being
- Increased independence
- Healthy meals
- Reduced risk of falls and other accidents
- Safe transportation
- Companionship



Staying Connected

Developing strong, positive relationships is key to helping elders thrive. Consistent staffing from visit to visit lets us get to know the elders we serve so that we can provide a sense of friendship and emotional support. This reduces loneliness and helps improve cognitive and emotional health.

Independent Living Supports

Our experienced staff are specially trained in supporting elders with a variety of needs, including physical disabilities, dementia, and chronic illnesses such as diabetes. Staff work closely with each elder, their family, and their health care professionals to develop a personalized care plan. This plan outlines each individual's needs and goals, from personal care and housekeeping to support managing a chronic illness.

Housekeeping

Staff assist with laundry, cleaning and other light housekeeping to help maintain a clean and healthy home.

Medications and Appointments

Staff can provide transportation to medical appointments, pick up medications and give medication reminders.

Meals and Nutrition

Staff can assist with planning and preparing nutritious meals, including picking up groceries and cooking. Meals can be tailored to special dietary needs, such as diabetic and cardiac, and we can provide support in preparing meals that reflect the cultures of the people we serve.

Personal Care

Depending on the individual's needs and preferences, staff provide support with personal care such as:

- Bathing
- Dressing
- Toileting
- Skin and nail care
- Oral hygiene
- Bowel and bladder care

Mobility Supports

Our staff are specially trained in supporting elders with mobility needs due to strokes, falls and other age-related challenges. They may provide support with walking, transferring to and from a wheelchair, and getting in and out of a vehicle.

Community-Based Day Programs

Just Family Centers also offer community-based day programs for elders with complex medical needs who wish to socialize and participate in community activities. Participants receive nursing care and daily living supports and may choose from a wide range of activities, including outings and enrichment classes. Services are tailored to each participant's unique needs and include:

- Nursing care
- Case management
- Nutritious meals
- Recreation and social activities, including art and music
- Daily exercise
- Transportation

Cost-Effective Services

Our services are a cost-effective alternative to higher levels of care. With the right support, elders can remain at home, avoiding the need for more restrictive and costly care such as nursing facilities and assisted living.

