

PRESS RELEASE

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Elderday Adult Day Health Care using innovative technology to connect seniors to care

Combating senior isolation with virtual group activities in homes

WATSONVILLE, CA – Since the stay at home order went into effect in March 2020, Elderday Adult Day Health Care has suspended most in-center services to protect the health of the seniors it serves and comply with local and state public health agencies. However, the 108 seniors with medically complex conditions that used to attend the Santa Cruz center are still in need of medical and social services to maintain their health and well-being. To ensure that these vulnerable seniors are receiving care, Elderday has transitioned to a “center without walls.”

“We have been asked by the state to be as creative as possible in safely meeting participant needs and supporting them while they are staying at home, maintaining their chronic conditions, and staying out of the medical system as much as possible,” explains Lois Sones, Elderday Program Director. Elderday nurses and social workers are providing ongoing services for all participants and their families, including COVID-19 Wellness Checks and Risk Assessments, as well as virtual monitoring of known chronic conditions. “We are using telephone, email and texts to monitor and encourage participants and their families while sheltering-in-place.”

Elderday is also using an innovative delivery model to address the ever-increasing impact of isolation on seniors due to the stay at home order. The program is in the process of expanding its current use of technology to provide one-on-one telehealth video visits with clients, as well as provide broad-based individual and virtual group activities such as physical exercise, stretching, fall prevention, chair yoga, support groups, and social activities via internet connected tablets. “We must ensure we are creating an equitable system for all seniors to connect through technology.” Ray Cancino, Community Bridges CEO states. “We are aware of the huge digital barriers for seniors, including financial limitations and lack of knowledge. Addressing these barriers to access is paramount to providing medically necessary support and combating senior isolation, which is intensified during the stay at home order.”

In order to provide a sense of connectedness to all of the seniors in the program, Elderday is seeking funds to support the purchase of tablets, internet connectivity and training for the primarily low-income seniors enrolled in the program. If you would like to help connect seniors with nurses, social workers, and enrichment activities from their home, please go to communitybridges.org/donate to support this “center without walls.”

About Elderday

Elderday is an adult day health care center that empowers elders to live at home with independence and dignity. At Elderday participants benefit from nursing care, physical and occupational therapies, referral to

resources, therapeutic activities, healthy meals and access to onsite mental health and nutrition services. Week-day hours make it possible for participants to stay independent and in their own homes for as long as possible, while offering family members and caregivers well-deserved respite. Elderday is free for those eligible for Medi-Cal. Costs can also be covered by the Veteran's Administration, long-term care insurance, or private pay on a sliding scale. Transportation to the center is also provided.

ABOUT COMMUNITY BRIDGES

Community Bridges envisions a thriving community where every person has the opportunity to unleash their full potential. Together, our family of programs delivers essential services, provides equitable access to resources, and advocates for health and dignity across every stage of life. To learn more, please visit www.communitybridges.org.

The Community Bridges family of programs includes the Child & Adult Care Food Program, Child Development Division, Women, Infants and Children (WIC), La Manzanita Community Resources, Live Oak Community Resources, Mountain Community Resources, Nueva Vista Community Resources, Elderday Adult Day Health Care, Lift Line and Meals on Wheels for Santa Cruz County.