

# Council on Aging Versus Adult Day Health Programming

Both provide the following:  
Daytime socialization for individuals, case management, counseling, health screenings, exercise, congregate meal site, and transportation. There are some difference which will be described below.

**Council on Aging** is designed for individuals aged 60 and over , **who meet a certain level or standard of Independence.** Programming is a combination of **drop-in and pre-registered low or no cost activities.** The program is intended for people who wish to remain active and independent and socially engaged. It offer regular ongoing day and overnight recreational trips, social and support groups, outreach, health screenings, low- moderate level fitness programs, health and benefits counseling, congregate meal site, classes and other educational opportunities.

**Adult Day Health Programming** is designed to provide care and companionship for seniors who need assistance or supervision during the day. ADH provides a higher level of care for frail seniors **and** adults with physical and mental disability, skilled nursing, assistance with ADL's, more overall structure and supportive supervision, specialized dementia care is available at certain facilities. There is a registration process and a cost to participate.

# SCOA versus SCES

## similarities and differences

### Somerville Council on Aging

**Council on Aging** is a department under the Executive Mayor's Office for the City of Somerville. The Council on Aging is designed for individuals aged 60 and over , **who meet a certain level or standard of Independence.** Programming is a combination of **drop-in and pre-registered low or no cost activities.** The program is intended for people who wish to remain active and independent and socially engaged. It offers regular ongoing day and overnight recreational trips, social and support groups, outreach, case management, counseling, health screenings, low- moderate level fitness programs, health and benefits counseling, congregate meal site, classes and other educational opportunities.

### Somerville- Cambridge Elder Services

SCES is private non-profit organization providing essential services that promote the dignity and independence of older Adults. It is a state designated ASAP(Aging Service Access Point)- Formerly know as Home care corporations- and a federally designated Area Agency on Aging. For individuals 60 and older. SCES Provides Information and referral, Advice and Counseling, Caregiver Support, Crisis Intervention, In-Home Programs(Home Care Services), Health Insurance Counseling, Nutrition Congregate Meal Site and Meal Site Transportation and Meals on Wheels, Volunteer and Advocacy.

# Dimensions of Aging Well

