



“Aging is not lost youth
but a new stage of
opportunity and strength.”
—BETTY FRIEDAN

Yolo Adult Day Health Center
strives to address issues that
impact independent living by
developing individualized
care plans tailored to meet
the needs of each participant.
The goal is to maximize
independence and enhance
management of chronic
health conditions.

Yolo Adult Day Health Center
20 N. Cottonwood Street
Woodland, CA 95695
530.669.3700
woodlandhealthcare.org



Yolo Adult Day Health Center

**A Program Promoting
Independence and Community**

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Woodland, CA 95695
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Our Mission

As CommonSpirit Health, we make the healing presence of God known in our world by improving the health of the people we serve, especially those who are vulnerable, while we advance social justice for all.

What is Yolo Adult Day Health Center?

Woodland Memorial Hospital's Yolo Adult Day Health Center offers a diverse range of services for individuals and families facing the challenges of serious health problems such as dementia, chronic medical diagnoses, mental illness or brain injury.

Our diverse programs to promote the well-being, dignity and self-esteem of an individual. Our goal is to maximize independence, improve management of chronic symptoms, prevent hospitalization and/or premature nursing home placement and provide support and relief to caregivers.

Our Services

We Assist Individuals and Families Who:

- Have trouble with everyday tasks
- Need assistance in managing medication
- Need ongoing physical, occupational or speech therapy
- Are isolated, depressed, confused or suffering memory loss due to disease or a related condition

Services Offered:

- Registered nurse
- Medical social work
- Physical, occupational and speech therapy
- Psychiatric support
- Registered dietitian and healthy mid-day meals
- Therapeutic activities
- Social activities such as music, cooking classes, and bible study
- Personal care assistance
- Round-trip transportation to center Monday-Friday
- Med-Cal, VA and private-pay funded



Caregiver Support Group

Every 2nd Tuesday, 5:30-7:00pm
Facilitated through the Alzheimer's Association

For more information contact Denise Davis
at 800.272.3900 or visit www.alz.org/norcal



**"You are never too old to
set another goal or to
dream a new dream."
—C.S. LEWIS**

How Do I Enroll?

Individuals wanting to learn more about adult day services can call Yolo Adult Day Health Center at **530.669.3700**. Se habla español.

Check us Out!

dignityhealth.org/sacramento/services

(Click on Yolo Adult Day Health Services)



**Or scan the QR code
to go directly to our site**

Program Hours

10:00am – 2:00pm
(extended hours available)

Office Hours

8:00am – 4:30pm