About DayBreak
Founded in 1993 as the Adult Day Services Network of Alameda County, DayBreak is an association of non-profit adult care centers committed to providing cost-effective, high-quality care for seniors and adults with disabilities.

Our Mission
DayBreak is dedicated to expanding the awareness, availability and quality of adult care centers in Alameda County through outreach and advocacy, community partnerships, and quality program development and support.

Member adult care centers help seniors and adults with disabilities continue to live at home by providing health services and therapeutic activities in a safe and welcoming environment — and by offering vital support for families and caregivers.

For help getting started and a list of centers, visit daybreakcenters.org, or call for a no-cost consultation.

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Support for family caregivers. Adult care centers give caregivers a break and more time to balance their lives. Many offer caregiver services such as support groups, counseling, educational programs, and referrals to complementary services.

Who participates in the programs at the centers? The centers welcome both younger and older adults who have health concerns and/or disabilities including:

- Chronic conditions such as heart disease and diabetes
- Isolation and safety concerns
- Memory loss and dementia
- Post-stroke complications
- Developmental and neurological disabilities
- Depression, anxiety, and other mental health conditions

How much does it cost? The cost of attending an adult care center is modest in comparison with in-home or nursing home care. Some families pay out-of-pocket while others have private long-term care insurance that pays all or a portion of the costs. Some programs are covered by Medi-Cal, or a combination of Medi-Cal and Medicare. DayBreak and the individual centers can help you determine costs and explore payment options.

Learn more at daybreakcenters.org or call 510.834.8314