



Health monitoring and nursing care



Recreational and therapeutic activities



Hot meals and special diets

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.

DayBreak Adult Care Centers

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Information, support and resources for seniors and caregivers in Alameda County





DayBreak®

Adult Care Centers

Supporting independence and quality of life. Daytime adult care centers offer health services, engaging activities and social interaction in a safe and welcoming setting. Participation helps individuals live at home longer with better health and quality of life. Participants typically attend a center two to five days a week, four to eight hours a day.



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.

Assistance finding the services you need. DayBreak provides information and assistance that helps individuals, families and healthcare professionals explore high-quality programs and services and find the right level of care and support.

DayBreak can help you:

- Evaluate your situation and needs
- Identify available programs and resources
- Understand payment options — including public or private insurance and veterans' benefits
- Learn how Medi-Cal benefits work in Alameda County.

Consultations offered free of charge.



The centers are licensed by the State of California and offer a mix of services that help participants stay healthier and live at home for as long as possible. All centers offer a core set of services, and many offer additional skilled care.

- Health monitoring and personal care
- Transportation to and from the center
- Recreational and therapeutic activities
- Daily exercise program
- Hot lunch and special diets
- Respite and support for family caregivers
- Nursing care and dietician*
- Social work and mental health services*
- Physical, occupational, and speech therapy*
- Physician and specialist care*
- In-home, hospital and skilled nursing care*

*Offered at certain locations



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

