



## Directory of Centers

### Adult Day Program (ADP)

**Bay Area Community Services, Oakland**  
5714 Martin Luther King, Oakland 94609  
510-601-1074; [www.bayareacs.org](http://www.bayareacs.org)  
Hours: M-F, 9:00a – 3:00p  
*\*Languages: Spanish*

**Bay Area Community Services, Fremont**  
40963 Grimmer Blvd, Fremont, 94538  
510-656-7742; [www.bayareacs.org](http://www.bayareacs.org)  
Hours: M-F, 9:00a – 3:00p  
*\*Languages: Amharic, Farsi, Ramil, Tagalog, Tigrinya*

### Adult Day Health Care (ADHC) Community Based Adult Services (CBAS)\*\*

**Alzheimer's Services of the East Bay - Berkeley**  
2320 Channing Way, Berkeley, 94704  
(510) 644-8292; [www.aseb.org](http://www.aseb.org)  
Hours: M-F, 9:00a – 4:00p, Sat 10:00a – 2:00p  
*\*Languages: Spanish*

**Alzheimer's Services of the East Bay - Hayward**  
1105 Walpert St, Hayward, 94541  
(510) 888-1411; [www.aseb.org](http://www.aseb.org)  
Hours: M-F, 9:00a – 4:00p  
*\*Languages: Chinese, Korean, Spanish, Vietnamese*

**Family Bridges Hong Fook 14<sup>th</sup> St. Center, Oakland**  
275 14th Street, Oakland, 94612  
(510) 839-9673; [www.fambridges.org](http://www.fambridges.org)  
Hours: M-F, 7:30a – 12:30p & 12:30p – 5:30p  
*\*Languages: Cantonese, Mandarin, Korean*

**Hong Fook Harrison St. CBAS Center, Oakland**  
1388 Harrison Street, Oakland, 94612  
(510) 302-0460; [www.fambridges.org](http://www.fambridges.org)  
Hours: M-F, 8:00a – 3:00p  
*\*Languages: Cantonese, Mandarin, Vietnamese*

### Program of All-Inclusive Care for the Elderly (PACE)

**Center for Elders Independence - Berkeley**  
1497 Alcatraz, Berkeley, 94702  
(510) 433-1150; [www.cei.elders.org](http://www.cei.elders.org)  
Hours: M-F, 8:30a – 5:00p  
*\*Languages: Spanish, Chinese, Korean, Vietnamese, plus interpreter services*

**Center for Elders Independence - Oakland**  
1955 San Pablo Ave. Oakland 94612  
(510) 433-1150; [www.cei.elders.org](http://www.cei.elders.org)  
Hours: M-F, 8:30a – 5:00p; Sat: 8:30a – 4:30p  
*\*Languages: Same as Center for Elders above*

**Center for Elders Independence – East Oakland**  
Eastmont Town Center – 7200 Bancroft Ave.  
Two centers: Suite 188 and Suite 275  
(510) 433-1150; [www.cei.elders.org](http://www.cei.elders.org)  
*\*Languages: Same as Center for Elders above*

**On Lok Lifeways – Fremont Center**  
159 Washington, Fremont, 94539  
(510) 249-2700; [www.onlok.org](http://www.onlok.org)  
Hours: M-F, 8:30a – 4:30p  
*\*Languages: Chinese, Farsi, Mandarin, Spanish, Tagalog, Vietnamese*

**On Lok Lifeways – Peralta Center, Fremont**  
3683 Peralta Blvd, Fremont, 94536  
(510) 494-3700. [www.onlok.org](http://www.onlok.org)  
Hours: M-F, 8:30a – 4:30p  
*\*Languages: Chinese, Farsi, Mandarin, Spanish, Tagalog, Vietnamese*

\* Languages: Denotes languages in addition to English

\*\* Community Based Adult Services (CBAS) is the Medi-Cal benefit for Adult Day Health Care (ADHC).

**For more information  
call 510-834-8314  
or visit: [www.daybreakcenters.org](http://www.daybreakcenters.org)**

## About Adult Care Centers

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. Adult care centers also 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.

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### Program Models and Service

There are three models of Adult Care Center programs, serving a range of needs and circumstances.

Services by Program Model	Adult Day Programs (ADP)	Adult Day Health Care (ADHC) & Community Based Adult Services (CBAS)	Program of All-Inclusive Care for the Elderly (PACE)
A caring, safe, supportive environment	✓	✓	✓
Individual plan of care	✓	✓	✓
Personal care	✓	✓	✓
Recreational & Therapeutic activities	✓	✓	✓
Daily exercise	✓	✓	✓
Hot lunch & Special diets	✓	✓	✓
Transportation	✓	✓	✓
Caregiver respite & Support	✓	✓	✓
Referrals to other services	✓	✓	✓
Nursing care & Medication management		✓	✓
Physical, Occupational, & Speech therapies		✓	✓
Social work services		✓	✓
Nutritional counseling		✓	✓
Physician and Specialist care			✓
In-Home care			✓
Hospital & Skilled Nursing Care			✓

**Costs:** 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.