



PRESS RELEASE

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Contact: Anne Warner-Reitz
510-834-4423
Anne@daybreakcenters.org

New Daytime Senior Care Resources for Alameda County DayBreak Adult Care Centers Announces Launch

Oakland, CA – The Adult Day Services Network of Alameda County (ADSNAC) just announced their name change to **DayBreak Adult Care Centers**, along with the launch of a new resource-rich [website](http://www.daybreakcenters.org) to serve seniors, adults with disabilities, family caregivers and healthcare professionals (www.daybreakcenters.org).

DayBreak, founded in 1993 as ADSNAC, is an association of 13 non-profit adult care centers committed to providing cost-effective, high-quality daytime care for seniors and adults with disabilities in Alameda County. The new name and logo were created to more clearly communicate the services that are offered. The heart and hand represent caring and support, and the bird represents freedom through independence.

The new DayBreak website is user-friendly and contains detailed information about each of the 13 adult care centers, as well as specific information for family caregivers and healthcare professionals. FAQs and other helpful resources can also be found.

The DayBreak organization helps people evaluate their situation and needs; identify available programs and resources; understand payment options; and learn how Medi-Cal benefits work in Alameda County. Consultations are offered free of charge.

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. 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

Adult care centers also give caregivers a break and more time to balance their lives.



DayBreak | *Come brighten
your day*
Adult Care Centers

Many offer services such as support groups, counseling, educational programs, and referrals to complementary services.

With 10,000 baby boomers turning 65 every day in the U.S., DayBreak and its member agencies are working to start-up new centers and develop innovative models that improve quality of life and reduce hospitalizations and nursing home placements.

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