

Fall Prevention Services Offered:

- Fall risk assessment & bone densitometer scans.
- Intervention plans with scheduled follow-ups.
- Classes, activities, and programs to reduce risks of falls.
- A Matter of Balance - an evidence-based, group program for older adults designed to reduce falling and maximize activity engagement and function.



Every **20 minutes** an older adult **dies** from a fall in the United States. **1 in 4** will fall this year.

Many falls can be prevented! Our program will assess your fall risk, teach you ways to prevent falls, and help you develop a personal plan. The Fall Prevention Center is designed for people at risk for falls or with recurrent falls who want to improve their quality of life. We will provide tools and recommendations to enhance your balance and reduce falls. We will send a report of our evaluation and recommendations to your primary care provider.



An Adult Day Health Care Center

Innovative Day Time Care for Adults 18 and Over

You Can Partner With Us Today!

Thank you for considering joining us in the movement to keep adults living in their homes as long as possible, rather than in institutions. Your small gift makes a difference! *We are a 501(c)(3) nonprofit organization.* Gifts are tax deductible - scan the QR code below!



p: 540.307.5487
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PO Box 877
Dublin, VA 24084



211 5th Street
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www.pulaskiadultdayservice.org



A Community With a Place for Everyone

Monday - Friday, 9am-5pm
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Mission & Vision

Our mission is to provide an established day center for adults 18 years and older that provides

- Peace of mind for family members;
- Health oversight for frail older adults;
- All participants with Social, Physical, & Cognitive enhancement for improved function and an optimal Quality of Life.

Our vision is to keep people well and **living in the community with their families for as long as possible, rather than in institutions.**

This vision is based on valuing the family circle that provides the love and care that all people need.

Day Services Offered:

- **Health Monitoring:** Weight, blood pressure, and glucose (sugar).
- **Medication management** as ordered by physician.
- **Assistance with Personal care** and Activities of Daily Living, as needed: E.g., Feeding, toileting, transferring, walking.
- Assessment of health issues by an RN.
- Hot, diet specific, breakfast and lunch; snack.
- Coded, secure doors to prevent elopement.
- Group and Individual activities. Stimulation, social engagement, therapeutic activities.
- Individualized care plans and quarterly care plan meetings with participants, staff, and family / caregivers. Monthly progress notes.

Payment Options:

Medicaid, Veterans Administration, Private Pay, Long Term Care Insurance, Area Agency on Aging-Respite.

82% less

Average cost of
Adult Day Health Care vs
Nursing Home Care
in Virginia

We believe that everyone has the need for meaningful and enjoyable interactions, despite their cognitive or physical limitations.

That's why our program is focused on engaging our participants socially, mentally, and physically.

The results? Better sleep, increased engagement, and an overall better mood — for both our participants and their caregivers.

Music Therapy and Recreation

Our Board Certified Music Therapist works with our participants in groups or **one-on-one, developing individualized treatment and supportive interventions for people of all ages and ability levels, addressing emotional, social, cognitive, physical, sensory, and spiritual needs.**

Our team works with each individual to develop a program of activities designed to meet individual goals and interests, regardless of cognitive, physical, or emotional limitations.

Therapy Garden

Come see our Therapy Garden! Horticulture therapy has been shown to reduce anxiety and depression, as well as being a source of exercise and feelings of well-being. The New River Valley Master Gardeners visit twice a month, helping us grow plants, outdoors & inside.

Programs: Evidence-Based!

- Bingocize®
- A Matter of Balance
- Chronic Disease Self-Management Program (CDSMP)