

## 2017 Adult Day Information

Cedar Rapids Milestones  
Milestones in Marion  
Pathways

Programs and services for *594 participants and 174 caregivers*

- 98% ADS participants share they are **doing things more meaningful** to them because of their time at our centers.
- 99% Caregivers reporting **decreased stress** levels since Adult Day involvement.
- 96% Participants sharing they are **better able to take care of their needs** thanks to Adult Day Health Services.
- 92% Individuals report **increased knowledge of good nutrition**, which supports healthy living, due to meals, nutrition education, and programs at Adult Day.
- 84% Participants experiencing **fewer doctor and emergency room visits** since enrolling in Adult Day programs.

### **Participant Quotes**

'The employees and activities are outstanding!'

'I'm now coming three times a week because I like it so much!'

'I really like the exercise and walking to keep myself in good shape.'

'You saved our sanity and have allowed my dad to be stress free.'