Activities:

Physical:
- Exercise
- Yoga
- Tai Chi

Cognitive:
- Brain games
- Horticultural therapy
- Memories in the making

Social:
- Outings
- Special/Holiday celebrations
- Arts and crafts

LOCATIONS:

Lambert House
2600 SE 170th Avenue (at Division)
Portland, OR 97236
Phone (503) 760-2075
Hours: MWF 7:30 am - 4:30 pm
T TH 7:30 am to 3:00 pm

Marie Smith Center
4616 N. Albina Street
Portland, OR 97217
Phone: (503) 335-9980
Hours: M-F 7:30 am - 5:00 pm

VISIT OUR WEBSITE TO LEARN MORE:
WWW.VOAOR.ORG

Honoring our participants
Making every day joyful
Supporting caregivers
WHAT ARE ADULT DAY SERVICES?
Structured programs that assist individuals with a variety of health-related needs, such as cognitive and functional impairments.
Individually-planned social and support services, supervision, and health monitoring in a safe environment during the day.
Services that increase well-being of the entire family through the creation of a balanced system, so that caregivers are able to maintain home-based care.

WE OFFER
INDIVIDUAL SUPPORT
- Activities and exercises to stimulate the memory and improve motor function
- Art, music, and horticultural therapy classes
- Assistance with bathing, grooming, and incontinence management
- Health and medication monitoring by a registered nurse
- Nutritious snacks and meals
- Safe indoor and outdoor settings

WE PROVIDE
FAMILY SUPPORT
- Give training, advice, consultations, and support to caregivers
- Facilitate family conferences and help navigate changing needs
- Provide referrals to other resources in the community
- Assist in communication with doctors and other health care providers

WE ARE
AFFORDABLE AND FLEXIBLE
- Our private pay costs are far lower than assisted living facilities and in-home care
- We have contracts with Oregon Project Independence, Veterans Affairs, Medicaid, Inclusion, Inc., and Providence ElderPlace
- We build a schedule based on individual needs and interests (Hours vary M-F at each location)

If you’re looking for a community of care and support look no further than Volunteer of America Oregon’s Adult Day Services.

Our therapeutic services are aimed to support the aging community and individuals with Alzheimer’s, Parkinson’s disease, Dementia, traumatic brain injury, post stroke, disabilities, and adults with special needs.

We provide an active and engaging environment that focuses on supporting the individual while creating a community of connection and support.