# Cardinal Hill Adult Day Health

Using rehabilitation principles, Cardinal Hill Adult Day Health (ADH) focuses on maintaining or improving the health and functional status of a participant within the limits of his/her impairment and medical condition.

Prospective participants must be medically stable and not confined to bed. They must demonstrate behavior that is acceptable in a group setting (no harm to self or others).

Prior to admission, an extensive psychosocial and medical health assessment is conducted on a prospective participant. He/she is encouraged to take advantage of a free half-day visit (approximately 4 hours), which allows all involved to determine the appropriateness of the setting for the participant and ADH population.

## Available services and supports:

Supervision from trained staff

Personalized nursing care

Onsite case manager

Balanced meals and snacks administered by the Federal Food Program

Abundance of daily activities (see backside)

Socialization with similar and different peers

Frequent community outings

Opportunity for physician ordered physical, occupational & speech therapies

**Our daytime program provides supervised, structured activities for adults 18 years and older with disabilities and/or significant health issues.**

**Program operates:**

**Monday-Friday**

**from**

**7:00 am to 5:30 pm**

**Cardinal Hill Rehabilitation Hospital**

**2050 Versailles Rd.**
**Lexington, KY 40504**
**(859) 254-5701**
**www.cardinalhill.org**

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## Available daily activities:

- Reality Orientation
- Motion & Movement
- Pet Therapy
- Nutrition & Money Groups
- Social Skills Groups
- Word Games & Trivia
- Arts & Crafts
- Music Appreciation
- Outside Activities
- Computer Training
- Holiday Parties
- Free Choice/Time

## Acceptable funding sources:

Acquired Brain Injury Waiver (ABI)

Home and Community Based Waiver (HCB)

Michelle P. Waiver (MP)

Supports for Community Living Waiver (SCL)

Kentucky Medicaid

Long-Term Care Policy

Private Pay

*We care for the ones you love.*

## For more information, please contact:

Elizabeth Faulkner, RN, CRRN
Adult Day Health Program Manager

at

(859) 367-7178 or

eaf@cardinalhill.org

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