

## **PROJECT DESCRIPTION:**

We would like to open an adult day care center (also known as “Health and Wellness Center) inside the space 9571 Magnolia Ave, Riverside, CA 92503.

Building SQFT: 7500

Current Parking Space: Total 10 including 1 ADA.

Hours of operation: 7 am to 5 pm (Monday to Friday)

Anticipated Number of employees: Approx. 7

Approx number of participants (patrons) attending the services: 50 to 75

Age of the Participants: 18 to 80

Participant Selection Process: Healthcare providers and Health insurance companies generally refer the participants to us.

Number of Dwelling or commercial units: 1

An adult day health care center (ADHC) is a community-based program that provides daytime care and support services for adults who are elderly. ADHCs offer a variety of services, including:

- Arts and Crafts, Music therapy, Read Aloud, Show and Tell, Daily Exercise routine, Cultural, Events, Yoga, Zumba, Educational, Nutritional Presentations, Focused Games & Exercises, Arts and Crafts, Building Activities, Board Games, Exercise Classes
- Healthy and delicious meals may be provided under the guidance of a licensed registered dietician.
- Celebrate social, cultural, and religious events with peers, educational resources, Provision for social services etc.
- Health monitoring and care
- Nutritional counseling and meals
- Therapy including speech, occupational and physical and others
- To and From Transportation will be provided to all Participants by the center

These activities will provide a good resource to local seniors to spend quality time with their peers and lead a more productive retired lifestyle.

All activities will be performed utilizing folding chairs, tables and such.

The center will be in a central location that is easily accessible by public transportation. The center will also be located near other amenities, such as parks, libraries, and shopping centers.

The center will be staffed by experienced and qualified professionals, including social workers, and therapists. The center will also have a variety of volunteers who will help to provide activities and support to the participants.

The center will be open from 7am to 5pm, Monday through Friday. Participants will be able to attend the center full-time or part-time, depending on their needs.

The center will be funded through a combination of private donations, government grants, and participant fees. The center will also offer financial assistance to participants who need it.

## **BENEFITS:**

The new adult day health care center will provide a number of benefits to the community, including:

- Provide a safe and supportive environment for adults who need help with daily activities.
- Help to keep families together by allowing caregivers to work or have other commitments during the day. Caregivers like spouses or adult children can have a break, which allows them to provide better care overall.
- Improve the quality of life for adults who are frail, elderly.
- Create jobs in the community.