



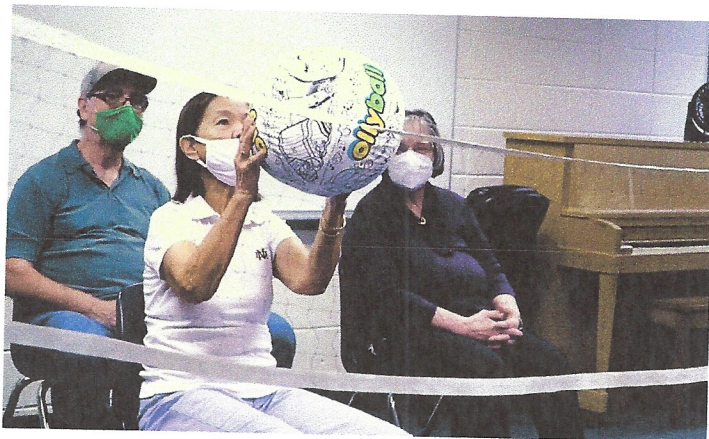
# Community Adult Day Center: Care and Companionship for the Challenged Elderly

“Is adult day care a possibility in our community”? With those simple words—the headline on an invitation sent to churches in Downers Grove Township in 1985—the seeds for Community Adult Day Center were planted. Following a year of hard work by representatives from thirteen churches, Community Adult Day Center (CADC) opened on the garden-level floor of the Gloria Dei Lutheran Church in 1986. Our initial mission statement was to “offer a supervised program of care and companionship for the elderly.” Those words drive everything CADC provides, and they continue to serve as a guide for all we do and offer.

We’ve specified our mission since then: We now focus on serving older adults with cognitive and/or physical challenges and provide therapeutic activities and experiences that enhance the quality of life for both the individuals and their families. CADC provides hope and assistance to loved ones dealing with Alzheimer’s disease or one of the other dementia-related illnesses, and/or a physically challenging disease or condition such as Parkinson’s. (We not only provide the necessary caregiving for each of our members, but we also give their caregivers the chance to attend to their own needs for a few hours each day.)

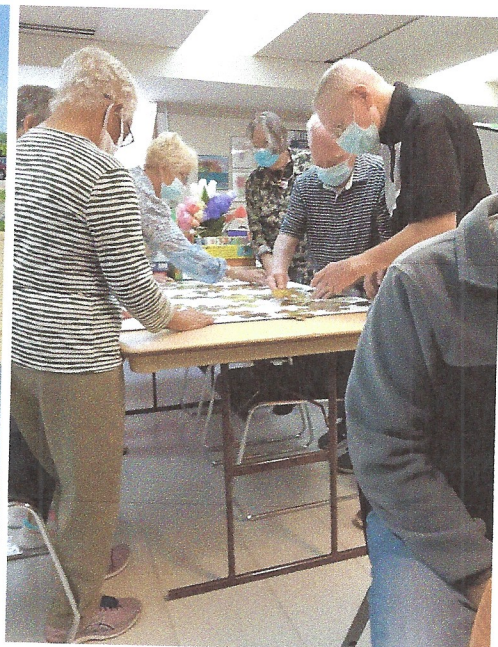
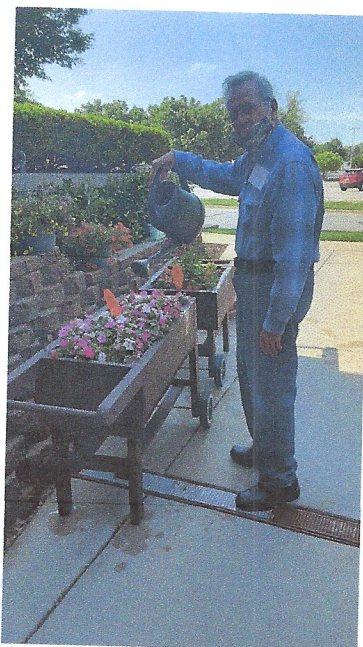
No matter where a person is on their life journey—no matter their diagnosis, health status, age, sensory needs, interests, or abilities—CADC is here to offer support, hope, and unique experiences that meet each member’s needs, and as such, members have a special place to come to and make choices on how they wish to spend their day.

CADC’s professionally trained staff have backgrounds in: caring for older adults, nursing, social work, and activity therapy. They also have training in and have a passion for person-centered care.



The “Community Adult Day Center difference” is our ongoing commitment to learning how to make sure each member has an effective way to communicate with us and is given the chance to make choices. Our staff takes the time to understand both the nonverbal and verbal ways each member communicates. While learning each member’s background is important, the staff is charged with learning who that person is today and to value them for who they are. This choice assists us in planning activities for and with this special group of people, and it fosters a sense of belonging.

We offer therapeutic activities throughout the day that stimulate the mind, wake up the physical body, refresh the spirit, and create a place where laughter is always welcome. Our programs include chair yoga, meditation, our “Ageless Grace” exercise programs, and gardening; group crossword-puzzle solving, music and art projects; and non-denominational spiritual moments that serve our diverse population. We also partner with other organizations to



Our current dream is to raise \$10,000 to purchase a Tovertafel Magic Table, a specialized game system specifically designed for persons with dementia-related illnesses.

The families of members consistently tell us “[CADC] genuinely cares for the whole family,” and members tell us that the best thing about being at CADC is that we make them feel special and “it feels like home.”



provide additional services like pet therapy, music, and brain health programs. By offering a variety of programs and ways to participate, our members can find something that interests them every day.

CADC recently celebrated its thirty-fifth anniversary and received recognition from DuPage County and the Village of Downers Grove for “Offering a caring environment for people to thrive, contributing significantly to the quality of life for all people, and making a real and positive difference in the lives of people and the community as a whole.”

We accept those who qualify regardless of their financial status. We are part of the State of Illinois Community Care Program and also accept veterans administration payment and private payment.

The past year and a half has been challenging due to the state-mandated closures and continued requirement to operate at half-capacity on account of the ongoing pandemic. But CADC is fortunate. Our loyal supporters and volunteers and some grant opportunities have helped us through these difficult times. However, the challenge to meet the needs of our members continues.

Donations are always welcome and are used to continue the needed programming for the very vulnerable population we serve. We welcome volunteers who have a passion for offering the best in service to work with us at CADC or on our Board. In particular, we welcome young volunteers who are considering a career path in working with older adults.



**About the Author:**

Susan A. Sinderson is the executive director for Community Adult Day Center in Downers Grove, IL. Susan has over forty years of experience in the field of older adult services leadership. She has played a vital role in creating innovative services for older adults and those who serve them as well as leading advocacy and policymaking efforts in aging services on a local and national level. She is passionate about offering an adult services day center environment that welcomes all and assists people in finding their own unique way to live a hope-filled life.

For more information, or to find out how to volunteer or make a donation, please visit CADC’s website [www.Communityadulthoodcenter.org](http://www.Communityadulthoodcenter.org), or call Susan Sinderson, Executive Director, at (630) 968-1060.