



ALL YOU NEED TO KNOW ABOUT OUR ADULT DAY HEALTH CARE

Join a social community that also attends to your health needs.

The New Jewish Home's Adult Day Health Care program offers medical, social and therapeutic services for those who live at home, and who have chronic health conditions or need assistance with personal care.

HEALTH CARE AND SOCIAL SERVICES

MANHATTAN:

140 West 106th Street
New York, NY 10025

HOURS OF OPERATION

Morning Session:

Monday to Saturday:
9:30am–2:30pm

Afternoon Session:

Monday to Friday:
2:30pm–7:30pm

- Health monitoring and skilled nursing care, including wound care and rehabilitation
- Help with personal needs and activities of daily living (ADL)
- Physical, occupational and speech therapists
- Specialized health/wellness programs for those with chronic medical needs
- Medication management
- Nutritional counseling with nutritious meals and healthy snacks
- Social work services
- Art classes, discussion groups, computer classes, and escorted field trips

ENHANCED REHAB offers restorative physical and occupational therapy in a newly designed space with state of the art equipment. The service helps individuals improve mobility, strength and functional ability so they can stay independent.

Our **BEHAVIORAL HEALTH PROGRAM** provides integrated physical and mental services. We offer a nurturing and supportive setting for people who have medical conditions combined with depression, anxiety or serious mental illness (SMI). Group sessions focus on building skills such as relaxation, problem-solving, and activities of daily living (ADL).

Our **DIABETES MANAGEMENT PROGRAM** provides educational activities and health monitoring for individuals with diabetes. The program offers self-care and diabetes management, focusing on meal planning and peer support.

For more information, call or email

212.870.4682

Info@JewishHome.org

JewishHome.org

