

# *FiftyForward* Adult Day Services

*Fifty  
Forward*  
Supportive Care Services

**At Adult Day Services** adults 50 and older who may have cognitive, memory, health or physical needs can continue to thrive and enjoy an active social life. At this licensed social model day program, we offer senior enrichment by engaging in both mental and physical learning opportunities in a safe, fun and enjoyable environment.

Caregivers know their loved one is well-cared for and engaged in meaningful activities.

## **Adult Day Services Customers Benefit from**

- Sensitive one stop programming
- Relationships with peers and professional, caring staff
- Assessment to determine needs
- Individualized services
- Nutritious food (breakfast/lunch/afternoon snacks)
- Medication reminders
- Referrals and consultation for other needs
- Transportation to/from the program and for field trips

## **Adult Day Services Customers Experience**

- Increased activity and interaction
- Reduced isolation and depression
- Slowed or reduced mental/physical decline
- Access resources that enhance quality of life, outlook and safety

## **Caregivers whose loved one participates in ADS**

- Are able to maintain or gain employment or have a break
- Feel at greater ease relating to their loved one due to participation
- Experience fewer negative feelings because they know their relative is in a safe and enjoyable environment
- Access information/referral and consultation regarding services and their relative's well-being

Service is provided on a sliding fee scale based on income and expenses. Subsidized slots are available for certain income levels for Davidson county residents. Hours of operation are Monday-Friday from 7:30 a.m. to 5 p.m.

**For more information, visit [www.fiftyforward.org](http://www.fiftyforward.org)**



For more information, please contact  
**FiftyForward Adult Day Services at**  
**(615) 463-2266**

## **To qualify:**

- Aged 50 or older
- Cognitive, memory, health or physical needs
- Socially isolated
- Residing in Davidson County (for subsidized slots only)
- Income within funding guidelines or ability to pay daily program fees
- Ability to use bathroom independently, feed self and be able to transition and transfer self throughout daily activities
- Be willing to engage in group activities

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