



Adult Day Services: A Smart Choice

Adult Day Services began in the 1960s as a healthcare service and later expanded to include supportive and social services. By 1980, there were only 300 centers nationwide. Today, more than 4,600 Adult Day Centers serve families and caregivers needing support until traditional care options become more appropriate.

DeGraff Adult Day Care (DADC) is one of over 200 social adult day centers in New York State. DADC opened its doors in September 1990 as “Tonawandas Adult Day Care”. Within a few months, there were 9 participants attending. Today there are 125 individuals enrolled in our program and, during the past 20 years, this program has served nearly 1,400 individuals from the Tonawandas and surrounding communities in both Niagara and Erie Counties.

Social adult day programs serve those who have long-term health-care needs, persons with Alzheimer’s disease and other types of dementia, chronic illnesses and those with developmental disabilities. Socialization, assistance with personal care and a wide variety of activities help the individuals who attend these programs maintain their independence and promote feelings of self worth. They work in partnership with informal caregivers, those family members and friends who provide 80% of the care given to frail and impaired adults. DeGraff Adult Day Care offers families respite – a well-deserved “break” from caregiving responsibilities, helping them to continue to provide care so that the care recipient may remain at home, in the community, for as long as safely possible.

Adult day care is a cost-effective alternative to other long-term care choices. Financial assistance is available for eligible Niagara County residents age 60 and older through the Niagara County Office for the Aging, offering up to 2 full days per week for free. Medicaid recipients may also be eligible through long-term home health care programs.

DeGraff ADC is located at 82 Mead Street (in the Budwey Plaza) in North Tonawanda. The program is open Monday through Friday from 7:00am to 4:30pm. Family caregiver support group meetings are held each month at DeGraff ADC at 7:00pm. Please call (716) 694-7662 for more information and to schedule a tour and a FREE trial day.

NY Connects Niagara County can provide information about adult day services and other available long term care programs in our community. Individuals in need of information regarding NY Connects Niagara County are encouraged to call (716) 438-3030 for assistance.

Marlene Marciniak is the Manager of DeGraff Adult Day Care and a member of the Niagara County Long Term Care Advisory Council. The NY Connects column appears in the Union-Sun & Journal the last Saturday of each month. Submissions for topics or agency spotlights for future articles are welcome. To recommend a topic or make a suggestion, call 438-3030 or email nyconnects@niagaracounty.com.