



"We enjoy having coffee and conversation with the other veterans who attend Adult Day."

Enriching Lives

LIFE's Adult Day Health provides professional daytime care for seniors in a safe, friendly and supportive setting. Activities are geared toward each individual's needs and preferences, and are designed to maintain and enhance physical and mental capabilities. Friendships flourish as participants spend the day in a fun and engaging environment.

Affordable Care for Veterans

Adult Day Health is a welcome alternative to costly in-home or institutional care. A variety of financial assistance options are available including long-term care insurance, Oklahoma Department of Human Services, ADvantage Medicaid Waiver Program and Veterans Administration funding.

LIFE's Adult Day Health Centers

Central Tulsa
5950 E. 31st St.
Tulsa, OK 74135

North Tulsa
902 E. Pine St.
Tulsa, OK 74106

Broken Arrow
3106 S. Juniper Ave.
Broken Arrow, OK 74012

HOURS

Weekdays: 6:45 a.m. – 6:00 p.m.

Weekends at Central:

Saturday, 9 a.m. - 4 p.m.
Sunday, 10:30 a.m. - 2:30 p.m.

Nationally Accredited for Service Quality

LIFE's three Adult Day Health Centers are accredited by CARF International for demonstrating a commitment to service quality and the satisfaction of persons served.

Approved and recommended by the Department of Veterans Affairs

For More Information:

Call: LIFE's SeniorLine: (918) 664-9000 or toll-free (866) 664-9009

Visit: www.LIFEseniorservices.org

Email: info@LIFEseniorservices.org

Follow: [@twitter.com/LIFESeniorSvcs](https://twitter.com/LIFESeniorSvcs)

[@facebook.com/LIFEseniorservices](https://facebook.com/LIFEseniorservices)



LIFE's Adult Day Health



Caring for Today's Veterans

Discover LIFE



Care Revolves Around You

LIFE's professional staff provides individualized care by developing a personalized care plan for each participant. A well-rounded schedule of therapeutic activities and new learning opportunities coupled with daily exercise and physical movement keeps both minds and bodies active.



"The Adult Day staff is wonderful. They start and end my day with a smile."

Health and Nursing Services Include:

Health and Nursing Care

- Medication administration and injections
- Health and condition monitoring
- Diabetic care and blood sugar monitoring
- Special diets, including supplements and tube feedings
- Respiratory treatments
- Simple wound care and other nursing services
- Physical, speech and exceptional therapies

Personal Care

- Incontinence care and assistance with toileting
- Assistance with ambulation and transfers
- Fully-assisted showers
- Full-service hair salon

Active Aging:

- Socializing
- Entertainment
- Gardening
- Exercise
- Full-service hair salon

Caregiver Peace of Mind

Caregivers are able to work, attend to personal matters, or take a much needed break without worry, knowing their loved ones are safe, receiving the attention they need and having a good time.

Caregiver Support:

- Care plan meetings
- Caregiver resource library
- On-site Family Assistance Coordinator
- Caregiver support groups
- Caregiver seminars
- Caregiver Tool-kit



"I needed extra support taking care of my husband during the day and was especially happy to learn that the Veteran's Administration funds services like these."

LIFE's Adult Day Health

Free Visit Days coupon

Redeem this coupon for up to Three Free Visit Days

Come Experience LIFE's Adult Day Health First-Hand

To arrange your Free Visit Days, please call LIFE's SeniorLine at (918) 664-9000 and ask for the Family Assistance Coordinator at the location of your choice. 24-hour advance reservations are required. Offer applies only to new participants.

