



DayBreak[®]
Adult Care

Empowering seniors
Supporting caregivers

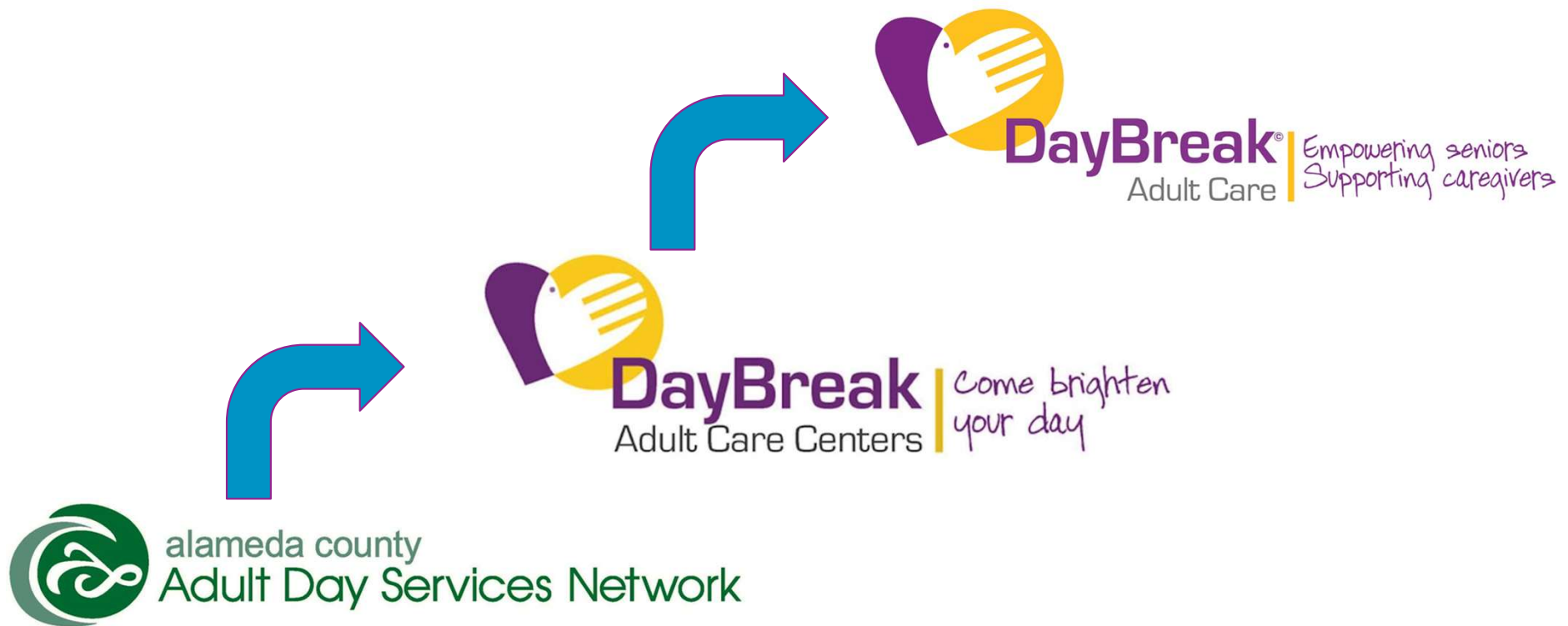
Overview of Services

Monique Hooks, Executive Director

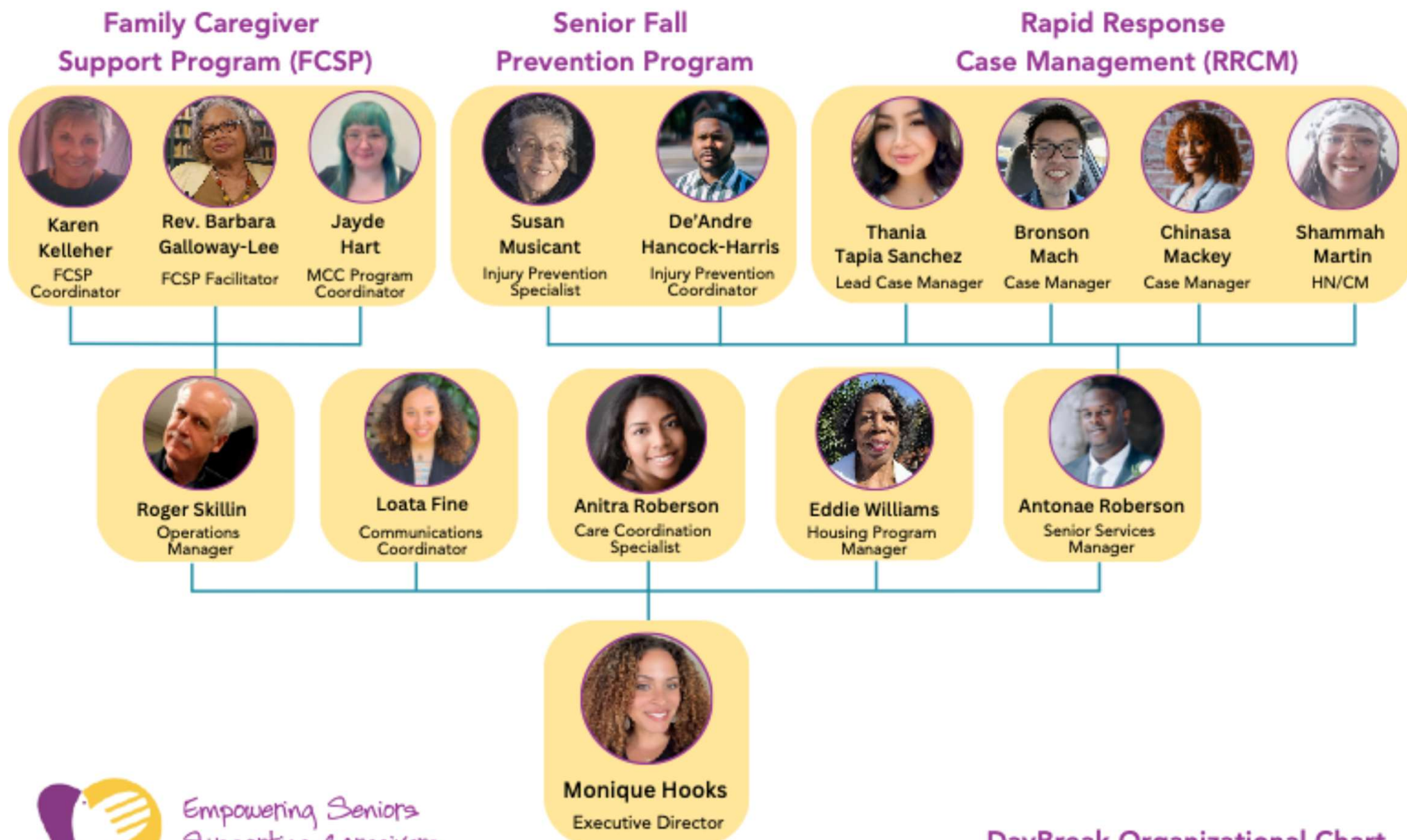
Evolution of DayBreak

- Founded in 1993 as the Adult Day Services Network of Alameda County (ADSNAC).

Resources for Seniors • Care Centers • Care Coordination & Support



DayBreak Adult Care Team

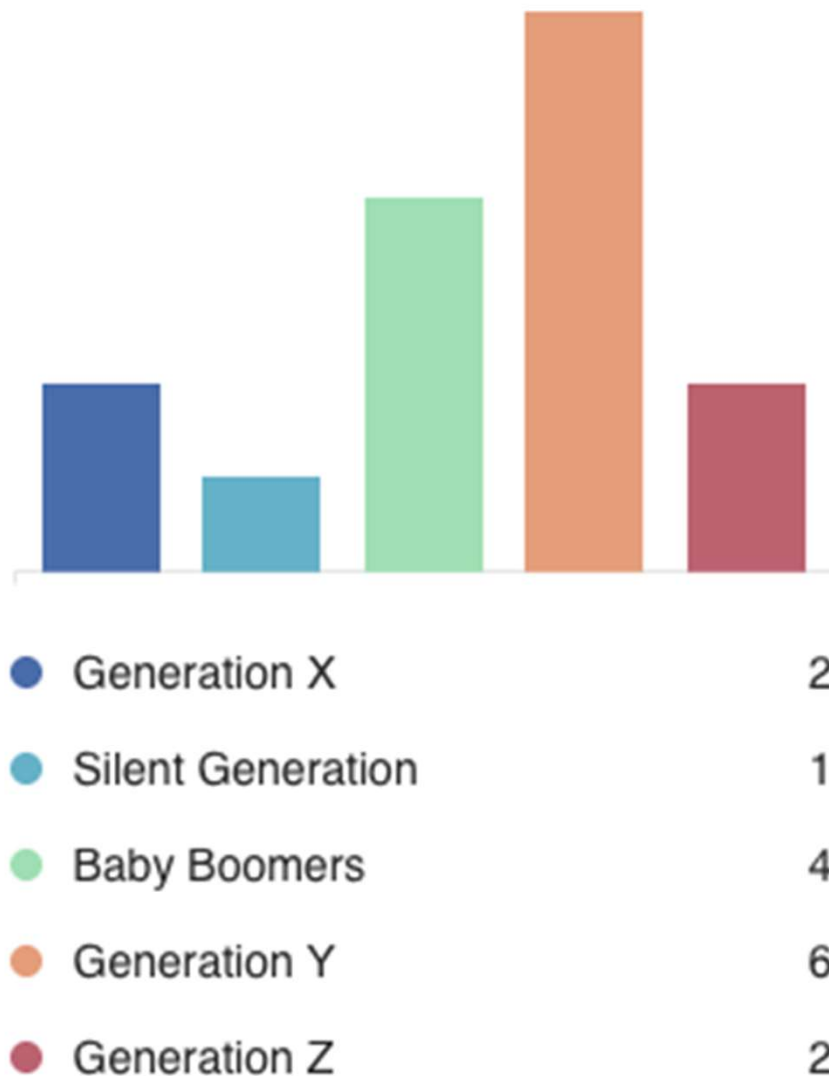


Empowering Seniors
Supporting Caregivers

DayBreak Organizational Chart



The “*small but mighty*” team of 15



11
are People of Color

10
are Bay Area natives

3
Identify as LGBTQ+

3
are bilingual

5
are seniors



Who We Serve

- **Older adults** (some with complex health problems and/or have unstable housing) & younger adults with disabilities such as:
 - Chronic conditions like heart disease and diabetes
 - Memory loss and dementia
 - Post-stroke complications
 - Depression, anxiety, and other mental health conditions
 - Developmental and neurological disabilities
 - Safety and isolation issues
- **Family Caregivers**



Our Senior Clients

67% identify as people of color

75% are navigating aging alone

80% are housing insecure

90% earn less than \$1,075/ month (fixed income)



DayBreak Programs & Services



Rapid Response Case Management

Housing Navigation

- Housing Research & Matching
- Housing applications & visits
- Section 8 vouchers
- Emergency housing
- Rental assistance
- Moving Assistance

Access to Finances & Support

- Access to funds, entitled benefits, unemployment, SS, disability applications
- Transportation support
- Access to food
- Toiletries, hygiene essentials, clothing

Social Support

- Assessment of support systems
- Referrals & information for social activities

Access to Care

- Insurance
- Medication access & review
- Connection to PCP
- Doctor visit support, appointments, connection to mental health services
- IHSS application support



Injury Prevention

Home Modifications & DME

Minor home modifications such as:

- Grab bar installation
- Carpet stretchers
- Shower bench installation
- Ramp installation

Durable Medical Equipment such as:

- Wheelchairs
- Rollators
- Canes

Fitness Classes

GYZO (Get Your Zoom On!) Virtual fitness classes led by Susan Musicant, our Injury Prevention Coordinator who is a Geriatric Physical Therapist.



Family Caregiver Support



Information & Assistance Line



DayBreak's "Warm" Line is a resource for Alameda County residents looking to be connected with resources or supports for Seniors and Caregivers.



Our Approach



Client centered



Meet clients where they are



Build trust & connection



Treat clients like family



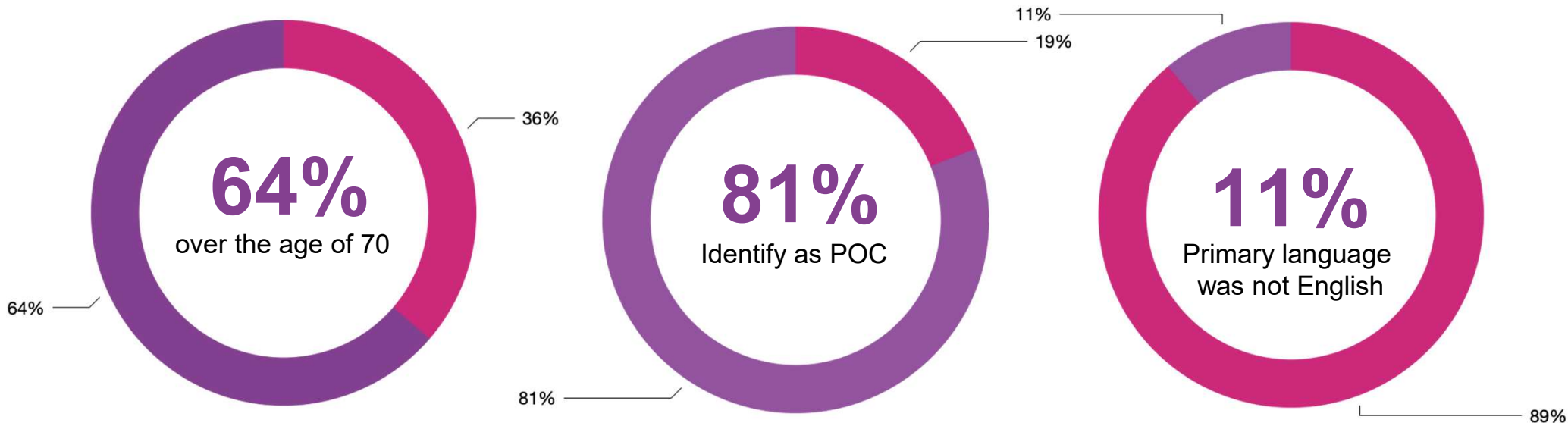
Listen to their wishes/ feel heard



Lead with love



San Leandro Client Snapshot



Primary zip codes served 94577, 94579, and 94578



Case Management Interventions Provided to San Leandro Clients

- 👏 7 received access to care
- 👏 6 got support accessing finances & benefits
- 👏 3 received housing navigation & relocation support
- 👏 2 received support getting connected to social activities
- 👏 12 were provided with free fall prevention equipment
- 👏 2 received home safety inspections



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Questions?