



Adult Day Health

ADULT DAY HEALTH CENTERS

Caring for a loved one can be challenging, especially when you're juggling many other responsibilities.

Full Life's adult day health centers provide a break for you while fostering the well-being and independence of your loved one, preventing premature or unnecessary placement in a nursing home.

Designed for every ability level, our educational and recreational programs challenge minds, keep bodies moving and lift spirits.



HEALTH AND WELLNESS PROGRAM

Our participants have a variety of chronic health care concerns, such as diabetes, Parkinson's disease, heart conditions or stroke rehabilitation.

Skilled nursing and rehabilitative therapies are incorporated into each participant's personalized care plan.

Health Services

- Nursing assessment and treatment
- Coordinated health care with physicians
- Diabetes and medication management
- Foot care
- Wound care

Rehabilitative Therapies

- Occupational therapy
- Exercise and walking programs
- Training in use of canes and walkers
- Balance and strength training
- Speech and physical therapy referrals

Support Services

- Help in arranging transportation
- Incontinence and bathroom assistance
- Referral to other community resources

MEMORY CARE AND WELLNESS SERVICES

Our participants with memory loss enjoy staying active and making friends in our safe and secure environment. We help maintain your loved one's independence with an evidence-based fitness program and rehabilitative therapies.

HEADS UP PROGRAM

Participants with an acquired brain injury work closely with their peers toward greater independence, responsibility and reintegration into community life.

GET ACTIVE PROGRAM

Participants with developmental disabilities enjoy many group activities and work to increase their independence in our specialized program for adults with developmental disabilities.

MS ACHIEVEMENT CENTER

We help participants understand, manage, and live with the effects of multiple sclerosis.

The program focuses on a holistic health spectrum: physical, social, intellectual, emotional and spiritual. Participants benefit from working with a multi-disciplinary staff representing skilled nursing, occupational therapy, social work and case management.



“
Our lives have changed completely since Joel started coming to Full Life. Today he is doing fabulous. He amazes me.”

— Babette, Joel’s wife

“
I walk in and it’s such a joy to ‘lock-in’ on normal life and do real things.”

— Joel, traumatic brain injury survivor and Heads Up Program participant



ADULT DAY HEALTH LOCATIONS

King and Snohomish Counties

South King County – Kent
South Seattle – Columbia City
North Seattle – Ravenna
Snohomish County – Everett

FIND OUT MORE

We’d love to tell you more about our services, funding options and locations.

We’re always happy to meet with you and show you around our adult day health centers.

Please give us a call or visit our website.

206.528.5315 King County
425.355.1313 Snohomish County

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Full Life
Small miracles. Extraordinary lives.