

# Newsletter Article

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## **Adult Day Services Revitalization Project Expands Access to Crucial Care for Older Adults Across Ohio**

*Statewide Initiative Helps Older Adults Stay Independent and Engaged, Providing Critical Support for Caregivers*

[COLUMBUS, OH] – Adult day services (ADS) in Ohio are advancing through the Adult Day Revitalization Initiative, a statewide effort funded by the Ohio Department of Aging and led by LeadingAge Ohio. With research support from Miami University's Scripps Gerontology Center, this initiative shines a light on the significant benefits of ADS, which provide daytime care, social connection, and health monitoring for older adults while giving caregivers time to focus on work, personal responsibilities, or self-care.

ADS offers flexible, person-centered programming that supports older adults in remaining active, socially connected, and independent. Participants benefit from meaningful interaction, tailored activities, and a safe, engaging environment that reduces feelings of social isolation. For caregivers, ADS provides a home-away-from-home solution that fosters peace of mind, knowing their loved ones are thriving.

“Adult day services are an invaluable resource for families across Ohio,” said Susan Wallace, President and CEO of LeadingAge Ohio. “These programs empower older adults to live well while offering caregivers the flexibility they need to maintain balance in their lives.”

The initiative addresses challenges ADS programs faced during the COVID-19 pandemic, which led to declines in participation and the closure of many centers. By spotlighting these services as a vital part of Ohio's care continuum, the effort underscores how ADS enhances quality of life, helps older adults age in place, and provides caregivers with much-needed support.

Health and wellness are integral to ADS, with many programs offering services such as medication management, wellness checks, and visits from specialists. These offerings promote participants' overall well-being, ensuring they receive care tailored to their unique needs while engaging in a vibrant community setting. Nutritious meals and snacks tailored to dietary needs also contribute to a holistic approach to supporting participants' health.

The initiative's hub, [AdultDayOhio.org](http://AdultDayOhio.org), developed by LeadingAge Ohio, offers comprehensive resources, including research from Scripps Gerontology Center, tools for ADS providers, and a statewide directory to help families find local programs.

For more information or to find a local ADS provider, visit [AdultDayOhio.org](http://AdultDayOhio.org).

