

# Community-Based Adult Services

support for patients and caregivers



## Is your patient at-risk of being admitted to a nursing facility or does your patient's caregiver need a respite option?

Community-Based Adult Services (CBAS) can help. CBAS, also known as Adult Day Health Care, is a licensed medical program that helps adults with physical or mental impairments continue living in their homes and avoid inappropriate institutionalization. CBAS centers are open 5 days a week and offer personalized care in a supportive, safe, and professionally-staffed setting.



## How will CBAS benefit your patients and their caregivers?

Studies show that CBAS recipients and their caregivers often report positive outcomes, including\*:

- Improved disease management, behavior, and sleep
- Enrichment of the recipient's life
- Reduced social isolation
- Lower levels of caregiving-related stress
- Better psychological well-being of caregivers

## What services are provided?

The CBAS center partners with the referring physician, the family/caregiver, and the patient to create a personalized care plan that may include:

- Professional nursing
- Physical, occupational and/or speech therapies
- Mental health services
- Therapeutic activities
- Better psychological well-being of caregivers
- Social services
- Personal care
- A nutritious meal
- Nutritional counseling
- Door-to-door transportation
- Family/caregiver training and support

## Which center is right for your patients?

Each CBAS center is unique. To find the right center, SCFHP recommends patients and caregivers arrange a visit. SCFHP contracts with the following CBAS centers:

**Avenidas Rose Kleiner Center**  
Mountain View, CA  
(650) 289-5499

**Golden Castle ADHC**  
Palo Alto, CA  
(650) 964-1964

**Grace ADHC**  
Santa Clara, CA  
(408) 727-6280

**Prestige ADHC**  
Milpitas, CA  
(408) 586-9000

**Silicon Valley ADHC**  
Milpitas, CA  
(408) 956-8578

To make a referral for CBAS, contact the Santa Clara Family Health Plan CBAS Care Coordinator at 1-408-874-1819.

SCFHP can help you determine if your patient meets the eligibility criteria.

\*As reported in the Journal of Gerontology, American Journal of Alzheimer's Disease and Other Dementias, The Gerontologist, and the American Journal of Public Health.