



*“It provides the caregiver with a time of respite while knowing their loved one is happy, safe and well-cared for.”*

*– Cheryl Sowash, daughter-in-law of participant*



### Community-Based, Community-Focused

Grand Traverse Pavilions is the region’s first and only nonprofit Continuum of Care. Providing services for more than 300 residents and 100 daily program participants, Grand Traverse Pavilions is a community of caring and innovation primarily serving our region’s low-income seniors.

A recipient of the Governor’s Quality Care Award, The Pavilions is owned by Grand Traverse County and governed by the Grand Traverse County Department of Health and Human Services Board.

Grand Traverse Pavilions offers a variety of programs and services including:

**Grand Traverse Medical Care** provides skilled nursing care, including memory care and dementia services.

**The Rehab Center** provides short-term care to recover from surgery or injury.

**The Wellness Center** offers a full complement of outpatient rehabilitative therapies to assist with recovery from illness or injury or help maintain fitness and strength.

**The Cottages: Independent and Assisted Living** provide services and amenities to enhance the quality of life of older adults while living in a beautiful setting.

**Respite Care and Adult Day Services** allow caregivers to care for themselves, while making sure their loved one is cared for in a safe, welcoming environment.

**Grand Traverse Pavilions Foundation** oversees the development and fundraising endeavors of Grand Traverse Pavilions.

Regardless of ability to pay, Grand Traverse Pavilions strives to ensure that there is full access to the programs and services of the Pavilions.

### To Learn More About Us

Call (231) 932-3000 or visit us at [www.gtpavilions.org](http://www.gtpavilions.org)



**Grand Traverse Pavilions**  
A COMMUNITY CARING FOR GENERATIONS

1000 Pavilions Circle | Traverse City, MI 49684

## Adult Day Services



A Safe Space  
for Your  
Loved One.

GRAND TRAVERSE PAVILIONS



### Adult Day Services and Overnight Respite

Many families caring for someone at home feel they only have a few options for care: take on the role of full-time caregiver, bring in home health care agencies, or place their loved one in a senior community. A viable alternative is the Adult Day Services and Overnight Respite Program provided by Grand Traverse Pavilions.

#### What are Adult Day Services?

Hosted on the third floor of Willow Cottage, our distinct Adult Day program provides a safe space for your loved one to come during the day. Open weekdays from 8 am to 5 pm, Adult Day offers social activities, nutritious snacks and meals, daily exercise, transportation services, medication management, and care from qualified staff. Participants enjoy a day out with friends, while caregivers get the time they need to work, run errands, or attend to their own health.



#### What is Overnight Respite?

Overnight Respite offers caregivers a safe and secure environment for their loved one to stay, whether for a night, a week, or longer, when they need it, based on availability. Whether the caregiver needs time to address their own medical issues, needs to travel out of town, or just needs a few nights of rest, our Overnight Respite program can provide their loved one with a safe and secure environment. Overnight Respite is available 24-hours a day, 7 days a week, all year long. Loved ones receive 24-hour care while staying in a private suite with a handicap-accessible bathroom.

#### How will I pay for this?

Financial assistance is available for Adult Day Services. Suggested fees are based on a sliding scale determined by monthly income.



#### What is a normal day at Adult Day like?

Adult Day participants start to arrive at 8 am and can stay for a half day (less than 4 hours) or a full day (more than 4 hours). Some are dropped off by a family member and some arrive via a Grand Traverse Pavilions bus. Transportation is available within a 20-mile radius. The first activity starts at 9 am and activities continue throughout the day. Activities offered range from games, crafts, age exchanges with the children from our employee daycare, exercises, music performances and sing-alongs, watching sports or classic movies, tea parties, poetry readings, and more. Each day our Life Enrichment Coordinator plans 6-8 different activities participants can partake in, or they can find a quiet corner to read, chat, or put together a puzzle. Trained staff will assist with any medication needed or with toileting.

While your loved one participates, you are free to do whatever you need to do: go to work, attend medical appointments, clean house, nap, or give yourself a much needed break.

*“Bringing mom here was the best thing I ever did for her and I know she enjoyed it.”*

*– Kathy Riggs, daughter of participant*