

### Accommodations for All:

- Handicap-accessible parking is available
- Building is free from steps and curbs
- Restrooms accommodate wheelchairs
- Transportation provided for scheduled outings during business hours

### Personal Care:

- Medication administration for doctor prescribed orders
- Program Nurse available to provide care as needed
- Optional Hot Lunch Program and specialized diets as needed (Additional Charge)
- Assistance with prepping food and feeding while monitoring for choking hazards Someone is available to read information one-on-one with clients
- Participants are accompanied by experienced staff as they venture out into the community for a wide range of activities.



### Equal Opportunity in Service Delivery

No otherwise qualified applicant for service or program participant shall be excluded from participation, be denied benefits, or otherwise be subject to discrimination in any manner on the basis of race, color, national origin, age, sex, sexual identify, sexual orientation, religion, political beliefs or disability. No employee or other person shall intimidate, threaten, coerce, or discriminate against any otherwise qualified individual for the purpose of interfering with any right or privilege secured under one of the applicable civil rights laws, or because they have made a complaint, testified, assisted, or participated in any manner in an investigation, proceeding or hearing under one of the applicable civil rights laws. This policy covers eligibility for access to service delivery, and to treatment in all of the programs, services and activities. All employees are expected to support the goals and programmatic activities relating to nondiscrimination in service delivery.

To receive more information please contact:



North Central Health Care

Person centered. Outcome focused.

### Adult Day Services

Wausau: 715.848.4519

1100 Lake View Drive • Wausau, WI 54403

North Central Health Care

715.848.4600

1100 Lake View Drive • Wausau, WI 54403

[www.norcen.org](http://www.norcen.org)



DEVELOPMENTAL DISABILITIES



North Central Health Care

Person centered. Outcome focused.

## Adult Day Services

VOCATIONAL, SOCIAL  
AND COMMUNITY  
ACTIVITIES



Enriching Lives  
Making a Difference

Serving Adults with Developmental  
Disabilities in Marathon County



## Every Individual is Unique

We all have different strengths, challenges, interests but most of us flourish when we can learn and grow while doing something that truly interests us. Adult Day Services is structured around those tenets.

We help individuals with developmental and physical disabilities, who are 18 and older, reach their greatest social, educational, cognitive, life, and community potential by offering them a variety of activities that focus on their individual strengths.

Enrichment activities take place at our North Central Health Care campus and at locations throughout the community.\* Through a wide range of vocational, social, and community activities, participants grow in an environment that is nurturing and tailored to their individual strengths and needs.

*\*Some activities require a small fee to participate or cover transportation costs. For more information please contact the program director.*

## Vocational, Social and Community Activities

We work with individuals to assess their strengths and needs, help them choose programs that will help them progress, and track their progress with the program.

### Learning Through Leisure

Participants work on social interaction, basic educational, fine and gross motor, hand-eye coordination, cognitive development, community integration and daily living skills within a relaxed, entertaining and leisurely environment.

### Healthy Body for a Healthy Mind

Participants choose from a variety of physical activities to improve mobility and stamina, lose weight and improve overall health. On-site equipment is available as well as group stretching and range of motion exercises with staff.

The NCHC warm water therapeutic pool offers swimming, water ball and strength building exercises for participants. A lifeguard is always on duty and flotation devices are available. The pool is wheelchair accessible, and wheelchairs for pool entry are provided. Participants must have a doctor's referral for use of the pool.

Participants also have the chance to visit the YMCA in Wausau to use the indoor walking track, treadmills, and stationary bikes under supervised care by fitness experts.

### Community Volunteering

We encourage participants to volunteer while receiving supervision and assistance to ensure successful outcomes. We coordinate volunteer sites, times, and duties as well as provide transportation. Some of our regular opportunities take place at the Human Society, Stable Hands and Mountain Bay Trail.

### Coffee and Current Events

Our Current Events Group meets regularly to enjoy a cup of joe and discuss current events within the local area. This group promotes socialization, builds awareness of community activities and events and strengthens peer relationships



### Computer Skills Build Personal Skills

Participants learn basic computer skills and then learn to use computers to foster collaboration and social interactions that builds self-confidence, interpersonal and communication skills. Participants work in teams of two or three on a variety of organizational, seek and search and problem-solving challenges. The key is working together on a task that they may not be able to complete on their own.

### Reading Club

This group meets regularly with a focus on promoting and improving speech as well as basic reading concepts. Participants are of all reading levels and receive staff assistance and supervision as needed.

### Community Outings

Activities are also offered within the community during outings to local events and venues including bowling, the Human Society, Cedar Creek Mall, YMCA, Mountain Bay Walking Trail, Stable Hands, Mead Wildlife Sanctuary, auto shows, the public library, Marshfield Zoo, Wisconsin Valley Fair, Woodchuck baseball games, picnics and many other activities throughout the year.