

# **Top 5 Reasons to Refer to an Adult Day Center**

- 1. Coordination of Services**
- 2. Excellent Value**
- 3. Caregiver Support**
- 4. Mental, Physical and  
Social Stimulation**
- 5. Sense of Purpose**

**Contact your nearest Adult Day Center for  
a free trial visit.**

**For a list of Adult Day Centers in your area go to  
[www.leadingagect.org](http://www.leadingagect.org)  
click on "Adult Day Services"  
or call 203-678-4649.**



**Connecticut Association  
of Adult Day Services**

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