



## Unity Adult Day Services

Unity Center for Aging is a program of Unity Health System. At Unity Health System you'll find the friendliest and most compassionate people dedicated to providing the best possible health care experience in over 70 locations. Key programs include Unity Hospital's Joint Replacement Center, Family Birth Place, Spine Center, Diabetes Center, Stroke Center, Brain Injury & Rehabilitation, and Chemical Dependency. Unity Center for Aging provides a comprehensive range of services for older adults using the most innovative approaches in elder care. ACM Medical Laboratory is an industry leader in patient and clinical trials testing.

**(585) 368-4200**  
[unityhealth.org](http://unityhealth.org)

 **Unity Center for Aging**  
How health care should be



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## Social Adult Day Programs

Social adult day programs offer a therapeutic, safe, supervised, and fun environment for older adults.

### *Services include:*

- » Exercise groups
- » Guest speakers and special events
- » Hot lunches and snacks
- » Medication reminders
- » Organized group activities (bingo, cards, board games, etc.)
- » Outings and day trips
- » Personal care assistance by certified nursing assistants
- » Private shower facilities
- » Recreational therapy (arts and crafts, baking, music, pet therapy, and more)

### **Unity Adult Day Services at Cornerstone**

2300 Buffalo Road, Bldg. 600 A

### **Unity Adult Day Services at St. Bernard's**

2260 Lake Avenue, Bldg. 5

*This program serves individuals with Alzheimer's disease and dementia.*

### **Unity Adult Day Services at St. Mary's**

89 Genesee Street

*Funding from the Monroe County Office for the Aging allows qualifying seniors to attend our social adult day programs free of charge.*

## Medical Adult Day Services

For adults of any age with medically complex needs, Unity Adult Day Services provide comprehensive medical, social, and rehabilitation services, in addition to therapeutic recreational activities.

### *Services include:*

- » On-site nursing service and medication administration by a Registered Nurse (except IV therapy)
- » Maintenance and rehab-level physical and occupational therapy programs
- » Speech therapy
- » Recreational and socialization activities
- » Counseling and support groups
- » Mental health services
- » Hot lunch and snacks
- » Personal care, including shower, assistance with bathroom needs, and assistance with mobility provided by certified nursing assistants
- » Assistance with transportation

### **Multiple Sclerosis Achievement Center**

2300 Buffalo Road, Bldg. 600 B

*This program serves mid- to late-stage Multiple Sclerosis patients, and individuals with other neurological diagnosis.*

### **Unity Adult Day Services at Park Ridge**

1555 Long Pond Road

### **Unity Adult Day Services at Parkway**

700 Island Cottage Road