

Adult Day Services

Testimonies:

"She's more outgoing, loves interactions with her friends, and looks forward to coming every day. The staff is wonderful, and I'm just glad that we have this program that allows me time to work and do things for myself that I normally wouldn't get to do. Adult Day Services has changed both of our lives, and I don't know what she would do without it."

Vicki, Client Caregiver

"ADS staff are passionate about tailoring our services to meet the diverse needs of our clients, ensuring that they feel valued and supported. Additionally, contributing to the relief of families and caregivers has been a rewarding aspect of my role ... working at Adult Day Services has been more than just a job; it was my calling to make a difference in the lives of those we serve."

Emily, Previous ADS Staff



Adult Day Services

Phone: 423-928-8855

Fax: 423-928-9159

Email: adulday@fthra.org

No person in the United States shall, on the grounds of race, color, or national origin, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any program or activity receiving Federal financial assistance.



First Tennessee Human Resource Agency

704 Rolling Hills Drive
Johnson City, TN 37604

Phone: 423-461-8200

Email: fthra@fthra.org

Website: www.fthra.org



First Tennessee Human
Resource Agency (FTHRA)

Adult Day Services

Providing daily, supervised care for the elderly, disabled and those who require special attention.



Adult Day Services

Our mission:

Our mission is to provide quality, community-based adult day care to clients who are low to moderate income, and are physically, mentally, emotionally, or intellectually challenged adults; adults at risk of abuse or neglect, or adults who are frail due to advanced age in an effort to prevent premature institutionalization while maintaining client dignity. We also strive to provide relief for the family and or caregiver of our clients whenever possible.

Our vision:

Our Vision is to reduce neglect, abuse, and/or exploitation of at-risk adults; reduce premature institutionalization of challenged adults, and enhance the quality of life of our senior adults while helping them achieve their self-identified goals and providing greater access to the community to promote engagement. We want to allow adults to maintain their dignity by staying as functional as possible in their own homes while still remaining safe and secure. We also want to allow caregivers to have a break from their daily roles and let them continue to work without having to worry about their loved one's safety.



What we provide:

- Daily breakfast, lunch, and snack
- Round trip transportation
- Daily exercise and socialization
- Volunteer activities
- Medication reminders
- On-site nurse
- Nutritional support
- Specialized training with Alzheimer's and dementia clients

Activities:

- Exercise
- Walking
- Grocery shopping
- Games
- Crafts
- Gym activities
- Volunteering
- Bowling
- Pet therapy
- Birthday celebrations
- Regional field trips
- Picnics
- Health education



Funding & Support:

Partial Funding and support for Adult Day Services is provided by: The Department of Human Services, United Way, The Department of Veteran Affairs, Choices, Social Service Block Grant, Community Contributions, fundraising, and private pay.

Adult Day Services provides transportation through First Tennessee Human Resource Agency's NET Trans for those living in Carter, Sullivan, Unicoi, and Washington Counties



Contact us:

To set up a personal evaluation or to schedule a visit to our facility, please call:

423-928-8855