

Selecting an Adult Day Services

Adult Day Services provide a planned program that includes a variety of health, social and support services in a protective setting during the day

STEP 1 - Decide What You Need

Decide what you and your loved one want from attending the adult day center

What Does Your Loved One Want or Need?

- A safe, secure environment
- Social activities
- Nutritious meals and snacks
- Exercise
- Mental Stimulation
- Assistance with eating, walking, toileting?
- Therapies - physical, speech, occupational?

What Do You Need?

- Occasional free time
- Transportation assistance
- Emotional support
- Assistance in planning for future care needs?

STEP 2 - Find a Program Near You

Identify the services in your area.

- Contact our Helpline (800) 272-3900.
- Visit our website: www.alzla.org
- Visit the CAADS website: www.caads.org

STEP 3 - Call for Information

Call adult day centers and ask for information, brochures, eligibility, a monthly activity calendar, menu, fee schedule and application procedures.

STEP 4 - Know What to Ask

- Days and hours of operation
- Is transportation available? Cost?
- Cost of adult day care services. Are discounts or scholarships available?
- Number of staff per participant ratio
- Staff credentials
- Activities provided. Is there a variety?

- Does the staff receive specialized dementia training?
- Is the staff experienced in working with people with memory loss?
- Other special population served?
- Can people who wander be safely supervised?
- Language capabilities of staff?

STEP 5 - Schedule a Visit

After reviewing materials, schedule an appointment to visit two or more centers that might meet your needs. Feel free to ask questions!

- Did you feel welcomed?
- Did someone spend time finding out what you want and need?
- Did they present information clearly about services and activities at the center?
- Was the facility clean and pleasant?
- Was there comfortable sturdy furniture?
- Did you see cheerful faces on staff and participants?
- Were participants involved in activities and if not, were staff attentive to these individuals?

STEP 6 - Try It Out

Select a day center. Try it for a month. It usually takes several weeks for participants to feel comfortable in a new setting and with a new routine. If you have questions or are experiencing problems, ask for a meeting with staff. They may have suggestions to make the transition easier.

STEP 7 - Take Care of Yourself

Relax. Your loved one is being well cared for. Remember, your loved one may not be able to recall all the activities enjoyed during the day. The staff will gladly provide the missing details.

Communication is a key. Ask the center about:

- Support Groups
- Safe Return
- Caregiving Tips
- Educational seminars
- Community Resources