

Selecting a Quality Dementia Specific Adult Day Center

Adult day centers provide a coordinated program of professional and compassionate services for adults in a community-based group setting. Services are designed to provide social and some health services to adults who need supervised care in a safe place outside the home during the day. They also afford caregivers respite from the demanding responsibilities of caregiving. Adult day centers generally operate during normal business hours five days a week.

Step 1: Determine your needs

- What specific services are important for the person with dementia?
- A safe, secure environment?
- Social activities?
- Assistance with eating, walking, toileting, medicines?
- Therapies- physical, speech, occupational?
- Health monitoring- blood pressures, food or liquid intake, weight?
- Nutritious meals & snacks?
- Special diet?
- Exercise?
- Mental stimulation?
- Personal care-bathing, shampoos, shaving?

What do you, the caregiver, need?

- Occasional free time?
- Coverage while working?
- Transportation?
- Support?
- Assistance in planning for care?
- Staff-caregiver communication? (changes in condition)

Step 2: Find adult day centers

Use the referral list given by the Alzheimer's Association to identify services in your area. Ask friends and/or other caregivers if they are aware of any adult day programs they could recommend.

Step 3: Give them a call or check their website

Research adult day centers online to gather information. Also, call centers and ask for a flier or brochure, eligibility criteria, a monthly activity calendar, a monthly menu and application procedures.

Step 4: Know what to ask

Look for the following information in the material received from the Adult Day program.

- Owner or sponsoring agency
- Years of operation
- License or certification
- Hours of operation
- Days open (holidays?)
- Transportation
- Cost-Hourly or daily charge, other charges
- Payment/Insurance accepted, financial assistance
- Conditions accepted- such as dementia, limited mobility, incontinence
- Staff credentials
- Number of staff per participant
- Activities provided- Is there variety and choice of individual and group activities?
- Menu- appeal, balance
- Options for how long they stay at the center each day
- Option for respite care
- Enrollment in the Alzheimer's Association's Safe Return program

Step 5: Pay a visit

After reviewing materials, visit two or more centers that might meet your needs.

Use a simple yes/no checklist when deciding which day center is the right one for you.

- Did you feel welcomed?
- Is it a safe and secured environment?
- Did someone spend time finding out what you want and need?
- Did someone clearly explain what services and activities the center provides?
- Did they present information about staffing, program procedures, costs and what they expect of caregivers?
- Was the facility clean, pleasant and free of odor?
- Were the building and the rooms wheelchair accessible?
- Was there sturdy, comfortable furniture?
- Loungers for relaxations? Chairs with arms?
- Is there a quiet place for conferences?
- Is there a place to isolate sick persons?
- Did you see cheerful faces on staff and participants?
- Do volunteers help?
- Are participants involved in planning activities or making other suggestions?
- Are licensed health care professionals on staff and available on a daily basis? (nurse? Social worker?)
- Are the staff trained in dementia care?
- How many clients do they have? Are there plenty of people for your loved one to interact with? Do the other patients have similar conditions and abilities?

Step 6: Check references

Talk to people who have used the center you are considering. Ask what they like about it and what they dislike about it.

Step 7: Try it out

Select a day center. Try it for three to five days. It sometimes takes several visits for new participants to feel comfortable in a new setting and with a new routine. If you have questions or are experiencing any problems, ask for a conference. Staff may have suggestions to make the transition easier both at home and at the day center.

Step 8: 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. The day center staff is there for you as well.

This is not a referral list. The Alzheimer's Association does not endorse any person, organization or facility listed. Inclusion or exclusion is not an indication of approval or disapproval.

Facility	Area or Region	Dementia Specific Facility	Security System
ADULT DAY CARE CENTERS IN HARRIS COUNTY OR FORT BEND COUNTY			
Amazing Place 3735 Drexel Dr. Houston, TX 77027 713.552.0420 phone 713.552.0165 fax	SW Harris County	Yes Early/Moderate Stages	Alarm system Not locked Professional staff
Caring People Ltd. Co. 914 Frost Street Rosenberg, TX 77471 281.344.9911 phone 281.232.9001 fax	Fort Bend County	No	Alarms on doors
Garden Oaks Adult Activity Center 905 W. 34th St. Houston, TX 77018 713.868.1515 phone 713.868.3022 fax	NW Harris County	No Early Stage Alzheimer's	Observation by staff, alarms on doors
The Lighthouse of Houston MCC I & II 3602 W. Dallas Houston, TX 77019 713.284.8494 phone 713.284.8468 fax	Inside 610 Loop Harris County	No Early Stage Alzheimer's only Visual impairment 19 years & up with disability	Clients supervised at all times
Odyssey Adult Day Care Center 744 FM 1960 W Ste B Houston, TX 77090 281.370.2200 phone	NW Harris County	No Mental health Dementia	Alarms on doors, Wanderguard, Safety guard covering on door knobs & locks
Sheltering Arms Day Center 3838 Aberdeen Houston, TX 77025 713.667.2840 phone 713.558.6322 fax	Inside 610 Loop Harris County	Yes	Keypad doors, front exit & back gate

Facility	Area or Region	Dementia Specific Facility	Security System
ADULT DAY CARE/RESPIRE PROGRAMS IN AN ASSISTED LIVING FACILITY (HARRIS/FORT BEND COUNTY)			
Colonial Oaks Braeswood 7800 N. Stadium Dr. Houston, TX 77030 713.799.8200 phone 713.799.2343 fax	Inside 610 Loop Harris County	Yes Dementia Respite care	Single entrance/exit, cameras & alarms; locked down
Colonial Oaks Pasadena 4004 Vista Pasadena, TX 77504 713.941.4663 phone 713.941.4666 fax	SE Harris County	Yes	Locked down Alzheimer's unit
Pine Tree Cottage 2514 Pansy Pasadena, TX 77503 281.487.5818 fax	SE Harris County	Yes	Keypad alarms; secured gates & fences; alarms
Rosemont Assisted Living 6450 Kings Parkway Kingwood, TX 77346 281.812.4099 phone 281.812.4097 fax	NE Harris County	Yes	Keypad entry to secure areas; alarms on all exits
Silverado Senior Living 22955 Eastex Fwy Kingwood, TX 77339 281.312.2526 phone 281.312.1040 fax	NE Harris County	Yes All stages	Keypad alarms; locked secured areas
Emeritus at Sugar Land 151 Commerce Green Blvd. Sugar Land, TX 77478 281.491.6257 phone 281.242.1833 fax	Fort Bend County	Assisted Living Respite Care	Wanderguard; enclosed courtyard, door locked & coded Fire Alarm system
Emeritus at Friendswood 1310 S. Friendswood Dr. Friendswood, TX 77546 281.648.5454 phone	Friendswood Clear Lake	No day care Respite Care	Secured entrance & exit
Emeritus at Cy-Fair 11500 Fallbrook Dr. Houston, TX 77065 281.970.6688 phone 281.970.6455 fax	NW Harris County	Respite Care	Door alarms; enclosed wandering path

Facility	Area or Region	Dementia Specific Facility	Security System
ADULT DAY CARE CENTERS IN COUNTIES OUTSIDE OF HARRIS AND FORT BEND			
Lufkin Adult Day Center 305 Shands Drive Lufkin, TX 75901 936.634.1234 phone www.lufkinadulthoodcenter.com	Angelina County		
Galveston County Adult Day Care 2120 Texas Ave. Texas City, TX 77590 409.945.4414 phone	Galveston County	No	Alarms on doors
Libbie's Place 5402 Avenue U Galveston, TX 77551 409.741.2538 phone 409.744.0508 fax www.libbiesplace.org	located in Galveston County serves any county	Mixed dementia & frail elders Early Stage	Observation by staff
Nacogdoches Treatment Center 119 Huges Nacogdoches, TX 75961 936.569.7173 phone 936.569.1074 fax	Nacogdoches	No	
Jefferson County Adult Day Center 603 5th St Port Arthur, TX 77640 409.225.6475 phone	Jefferson County	No	Supervised by staff
Liberty Dayton Community Day Activity 801 Grand Ave Liberty, TX 77575 936.334.8888 phone	Liberty County	No	Supervised by staff
Liberty Dayton Community Day Activity 807 Hanson Road Cleveland, TX 77327 281.592.9222 phone	Liberty County	No	Supervised by staff
Wakefield Adult Day Center 314 S San Jacinto Cleveland, TX 77327 281.659.4872 phone	Liberty County		Supervised by staff