

## Adult Day Centers

### What are Adult Day Centers?

Adult day centers are facilities providing activities in a safe environment for people with Alzheimer's disease and other related dementias. This can lessen depression and isolation and give the caregiver an opportunity to rest, relax and get things done.

### Questions to ask when choosing an Adult Day Center:

- Do the hours meet your needs? How flexible are they?
- How much does it cost? Is financial assistance available?
- What is the ratio of staff to participants? (The Ohio Association of Adult Daycare recommends a minimum ratio of 1:6)
- Is there a warm and welcoming atmosphere?
- Is it a good fit socially for the person with memory loss?
- Is programming tailored to individual needs and interests?
- Does the center provide transportation?

### Where do I begin?

Begin by calling several adult day centers in your area. Arrange to visit two or three centers with your loved one at activity and lunch time. Consider using the center twice a week to give your loved one time to adjust. Set a firm but positive expectation. Remember very few persons with memory loss want to go those first few times! Be strong! Most individuals usually end up enjoying this time and look forward to going.

### For additional resources, contact:

First Call for Help	211	<a href="http://www.211cleveland.org">www.211cleveland.org</a>
Area Agency on Aging (Ashtabula)	800-686-7367	<a href="http://www.aaa11.org">www.aaa11.org</a>
Area Agency on Aging (Cuyahoga, Geauga, Lake and Lorain)	216-621-8010	<a href="http://www.psa10a.org">www.psa10a.org</a>
Yellow Pages		<a href="http://www.yellowpages.com">www.yellowpages.com</a>

**Disclaimer:** Listing in this resource list does not constitute an endorsement, referral or statement of qualification by the Alzheimer's Association, nor does the Association screen or evaluate those listed. Users of this resource list should determine for themselves the qualifications of any adult day center prior to utilizing their services. This list is not all-inclusive.