

When Thinking About Adult Daycare

When you begin thinking about adult daycare as an option, first determine what level of care your loved one needs. This will help you assess which services and special features are important in your situation. If you find a center that you are interested in evaluating, ask the center to send you their program brochure, schedule of activities, monthly or weekly menus, and application forms.

Before you visit

What are the eligibility requirements for ...

- Age?
- Diagnosis?
- Functional status?
- Incontinence?
- Memory problems?
- Wheelchairs?

What is the age range of participants?

Do you have any type of discounts or reimbursement programs?

- Yes
- No

What is the staff-to-participant ratio?

Schedule a visit. Call ahead to schedule a visit so that you can meet with the program administrator. Try to visit more than one facility in your area.

During your visit

Notice characteristics about the physical environment, center staff, and activities and services.

Is the facility clean and free of odors?

- Yes
- No

Is there a place to relax or nap?

- Yes
- No

Are there safeguards to protect confused participants from wandering away?

- Yes
- No

Does the staff seem open to taking suggestions or making changes?

- Yes
- No

Does the staff routinely meet with family caregivers?

- Yes
- No

Do participants appear to be well attended to?

- Yes
- No

Do participants have a choice of activities?

- Yes
- No

Can special diets or food preferences be met?

- Yes
- No

Check references. If you form a favorable impression based on your visit, ask the program administrator for the names of two or three other families who use the center. Ask these families if they are happy with the services they are receiving.