



## Is An Adult Day Care Center An Alternative Option?

With life expectancy continuing to rise, more and more of us need assistance as we age. While there are many different types of senior care available, adult day care centers are designed for older adults who can no longer manage independently, or who are isolated and lonely.

### *What is an Adult Day Care center?*

Adult day care is a planned program of activities designed to promote well-being through social and health related services. Adult day care centers operate during daytime hours, Monday through Friday, in a safe, supportive, cheerful environment. Nutritious meals that accommodate special diets are typically included, along with an afternoon snack.

### **The intent of an adult day center is primarily two-fold:**

- To provide older adults an opportunity to get out of the house and receive both mental and social stimulation.
- To give caregivers a much-needed break in which to attend to personal needs, or simply rest and relax.

### *What services are provided by Adult Day Care centers?*

A well-run adult day care center's goals will focus on enriching the participants' lives, building upon their skills, knowledge, and unique abilities and strengths. Below are some of the activities that may be available:

- Arts and crafts.
- Musical entertainment and sing-a-longs.
- Mental stimulation activities.
- Stretching or other gentle exercise.
- Discussion groups (books, films, current events).
- Holiday and birthday celebrations.

Besides recreational activities, some adult day care centers provide transportation to and from the center, social services including counseling and support groups for caregivers, and health support services such as blood pressure monitoring and vision screening.

### *What are the benefits of Adult Day Care?*

Adult day care provides a much-needed respite for the caregiver, affording a break from the physical demands and stress of providing round-the-clock care."



**For the participant, an adult day care center's benefits can be extensive:**

- A safe, secure environment in which to spend the day.
- Enjoyable and educational activities.
- Improvement in mental and physical health.
- Enhanced or maintained level of independence.
- Socialization and peer support.
- Nutritious meals and snacks.
- Health support services

*Is an Adult Day Care center right for me?*

As a senior, it can be challenging to admit that you need help, especially if you've been a highly independent person used to caring for others all your life. And if you're the caregiver, it may be equally difficult to consider allowing "strangers" to care for your beloved family member.

As with any service, the best time to start exploring what's available is before you actually need it. According to ElderCare Online, you should seriously consider using adult day care when a senior:

- Can no longer structure his or her own daily activities.
- Is isolated and desires companionship.
- Can't be safely left alone at home.
- Lives with someone who works outside the home or who is frequently away from home for other reasons.

*What questions should I ask an Adult Day Care center provider?*

Spend a day at the adult day care center that sounds best to you, so that you can get a "feel" for the people and the environment. Also, check out references. Talk to others who have used the adult day care center and ask for their opinions. **Be sure to ask the adult day care center provider the following questions:**

- Who owns or sponsors the adult day care center?
- How long has it been operating?
- Is it licensed or certified? (If required in your country or state)
- What are the days and hours of operation?
- Is the adult day care provider based upon a social model or a medical model (health monitoring, medication administration and physician consultations)?
- Is transportation to and from the adult day care center provided?
- Which conditions are accepted (e.g., memory loss, limited mobility, incontinence)?
- What are the staff's credentials, and what is the ratio of staff to participants?
- What activities are offered? Are there a variety of individual and group programs?
- Are meals and snacks included? Are special diets accommodated?



You may wish to try out different adult day care centers a few times each to see whether your experience on different days confirms your initial impressions.

*What would the cost for Adult Day Care services be?*

In the U.S., the average cost for an adult day care center is about \$64 per day, depending on where you live and the services provided (e.g., meals, transportation, nursing supervision). Professional health care services will mean higher fees. Many facilities offer services on a sliding fee scale, meaning that what you pay is based on your income and ability to pay.

While Medicare does not cover adult day care centers, be sure to ask about financial assistance.

***The best decision is made with knowledge. Call Providence Rest today at (718) 931.3000 and discover the difference life enriching difference Adult Day Care services can make for both you and your loved one.***

Adapted from [www.helpguide.org](http://www.helpguide.org)