

IMPORTANT THINGS TO KNOW ABOUT ADULT DAY CARE SERVICES

Hope Network Behavioral Health - Family Life Center, Adult Day Program
& Gerontology Network's CareTree Adult Day Services

Top Ten Benefits of Adult Day Services:

For the Caregiver:

1. **Safe Caring Environment:** Provides peace of mind knowing your loved one is in a safe, secure setting, being cared for by professionals.
2. **Stress Reducer:** Provides reduced stress from caregiving tasks through attendance at Adult Day Programs. Studies have shown that 60% of active caregivers will die before their non-caregiving peers. Adult Day Services can provide training, consultation, support groups, and respite services.
3. **Gift:** The best gift you can give your loved one is to take care of yourself!
4. **Respite:** Provides more free time to pursue your social contacts and/or your personal obligations.
5. **Partnership:** Provides a partner to help you in the care of your loved one, since you're not in this alone!

For the Care-Recipient:

6. **Increased Social Interaction:** Provides increased social interaction in a group setting, where relationships are formed with peers and staff.
7. **Individualized Therapeutic Activities:** Provides individualized therapeutic activities, including but not limited to, art, music, devotions, current events, reminisce.
8. **Health Monitoring:** Provides health monitoring including, but not limited to, hot noon meal, medication management and nursing services, with the possibility of specialized health services.
9. **Placement:** Provides the ability to remain in the community setting or your own home, which in turn can delay placement into expensive long-term care.
10. **Maintenance of Independence:** Provides an increase or maintenance of their current level of independence and functioning level, where socialization and well-planned activities have been shown to slow down the disease process.

Top Ten Questions to Ask About Adult Day Care Programs:

Picking the most beneficial Adult Day Programs can be difficult. The following questions are designed to assist you in making the best possible choice.

1. Find out what hours, and days of the week the program is open? Are there a minimum number of hours, or days per week that a consumer is expected to participate?
2. Where is the program located? Is the location convenient and accessible?
3. Is transportation to and from the program available? Is there a fee for transportation? Is there assistance in coordinating transportation?
4. What does the program charge for participation? Are consumers charged by the hour or the day?

5. Is the building handicapped accessible? This includes not only the entrance, but also the activity areas, and the restrooms.
6. Are meals and/or snacks included as part of the program? Can they accommodate a diabetic diet?
7. What is the daily schedule of activities? Are there a variety of activities the consumer can chose from?
8. What types of consumers are served in the program? Is it designed for the elderly, mentally ill, or developmentally disabled?
9. What is the consumer to staff ratio? Are there volunteers in addition to staff?
10. Are the staff and volunteers trained to meet the needs of the consumers? Is there a social worker, nurse, or activity therapist?

Provided as a public service of the Caregiver Resource Network. The **Caregiver Resource Network** is a collaboration of West Michigan organizations dedicated to providing for the needs and welfare of family and professional caregivers within the community. Funded by the Area Agency on Aging of Western Michigan with Older American's Act Title III-E, Family Caregiver Support funds.

For more information consult our website at www.caregiverresource.net or call toll free at 888-456-5664.