

Questions to help caregivers decide IF ADULT DAY CARE IS THE RIGHT CHOICE

Here are some questions to consider in deciding whether adult day care can help you and the frail or disabled person you know or are caring for:

1. Is the person idle? Does she or he sleep a lot throughout the day, or sit all day, perhaps in front of the television?
2. Does the person have a low interest in other family members, or the surroundings?
3. Does the person seem sad, lonely, or confused? Do you feel that she or he would benefit by more social and recreational activity during the day?
4. Do you lack time and energy to take care of your own needs? Do you need more time for yourself, or to be with other family members and friends?
5. Are you also parenting children?
6. Are you also working part time, or full time?
7. If the person is not living with you, are you often worried about this person?
8. Have you thought about a nursing home, but feel guilty when you have these thoughts?
9. Are you spending a lot of time providing routine care for the person, such as cooking, dressing, and toileting, and find that you have less time for talking or doing activities with the person?

If your response to one or several of these questions is **Yes**, you may find that both you and the person you are caring for would benefit from adult day care. The following section provides some questions to help learn more about adult day care programs in your community.

Questions to help you choose an Adult Day Care Program

Adult day care programs in the Seattle/King County area differ in the size and types of programs they offer. We suggest reading about the programs in your area, but also reading about the other programs in King County. It is possible that one of the programs located farther from your home best suits your needs, and that transportation can be arranged to this program.

It is important to call and arrange a visit with the day care programs you are thinking about so that you can gather information before you select a program. The director, staff, or volunteers will be glad to talk with you and provide you with a tour of their programs.

Here are some questions to ask when you visit:

1. Will your schedule work with the program's days and hours of operation, and the program's transportation schedule/services?
2. Can transportation be arranged if the program cannot provide this service?
3. Can the program provide for any special dietary needs?
4. Are there enough staff and volunteers to assist the participants?
5. What training does the staff receive? Who provides training in prevention of accidents such as falls or burns, first aid, medical emergencies, fire safety, and other safety and emergency needs?
6. Are the kitchens, restrooms, and activity areas clean?
7. Is staff trained in ways to help frail and disabled people to stand, walk, and sit? Who provides this training?
8. What social and recreational programs are provided? Are these appealing to the person who will be attending the program?
9. What social services are provided which you might need, such as counseling and assisting with housing, finances, and other needs?
10. What health care services are provided which you might need?
11. What staff is present to provide counseling to people who are feeling low, or need to talk about personal problems?
12. Does the program staff have regular contact with family members or care providers? How do they do this?
13. Do the current participants seem to be actively enjoying the program?
14. Does the staff assist with needed toileting, such as changing protective pads, wiping body, changing clothing, reminders to assist the person with toileting tasks?
15. Can you afford the total monthly fees?

We hope that by learning more about the adult care programs in your community, you will find a program which is right for both you and the person who will be attending. To talk with someone about adult day care, please call the adult day care center of your choice. For information to help you choose a program, call Senior Services' **Senior Information and Assistance**.

