

(Step 4, cont.)

- Other special populations served?
- Cost Hourly or daily charge, other charges, financial assistance
- Conditions accepted such as memory loss, limited mobility, incontinence
- Activities provided Is there variety and choice of individual and group activities?

STEP 5 - Pay a Visit

After reviewing materials, make an appointment to visit two or more centers that might meet your needs. Ask questions! The following list may help you decide which day center is the right one for you.

Yes	Some- what	No	Site Visit Checklist
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Did you feel welcomed?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Did someone spend time finding out what you want and need?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Did someone clearly explain what services and activities the center provides?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Did they present information about staffing, program procedures, costs, and what they expect of caregivers?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Was the facility clean, pleasant, and sufficiently large for the group?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Were the building and the rooms wheelchair accessible?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Was there sturdy, comfortable furniture? Loungers, armchairs?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Was there a quiet place for private conferences?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Were meals attractive and nourishing?

(Step 5, cont.)

Yes	Some- what	No	Site Visit Checklist
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Did you see cheerful faces on staff and participants?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Were volunteers helpful?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Were participants involved in activities or if not, was staff attentive to these individuals?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	For an Alzheimer's specialty program, were there special accommodations for people with dementia, was the staff ratio at least 1:6 and had staff received special dementia training?

STEP 6 - Check References

Check references. Ask to talk to two or three people who have used the center you are considering. Ask for their opinion.

STEP 7 - Try It Out

Select a day center. Try it for two to four weeks. It usually takes several weeks for participants to feel comfortable in a new setting and with a new routine. If you have questions or are experiencing problems, ask for a staff conference. Staff will have suggestions to make the transition easier both at home and at the day center.

STEP 8 - Take Care of Yourself

Relax. Your loved one is being well cared for. Remember, your loved one may not be able to recall all the activities enjoyed during the day. The staff will gladly provide the missing details. Communication is key. The day center staff is there for you, too. Ask about:


- Support Groups
- Tips to make caregiving easier
- Other resources available in the community

YOUR GUIDE TO SELECTING AN

ADULT DAY SERVICES PROGRAM

Includes Self-Assessment
Questionnaire



Provided as a service by:
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SELF-ASSESSMENT QUESTIONNAIRE

This questionnaire will help you identify some of the factors that may lead you to explore Adult Day Services (ADS) as a care option.

SOCIAL AND MENTAL ABILITIES

- | <u>Yes</u> | <u>No</u> |
|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |

HEALTH CONDITIONS

- | <u>Yes</u> | <u>No</u> |
|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |

(HEALTH CONDITIONS, CONT.)

- | <u>YES</u> | <u>NO</u> |
|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> |

If you answered YES two or more times, it is likely that Adult Day Services have something to offer your loved one. If you circled one or more health conditions, this person may benefit from the occupational therapy, physical therapy, speech therapy and skilled nursing services provided at Adult Day Health Care programs.

SELECTING AN ADULT DAY SERVICES

Adult Day Services provide a planned program that includes a variety of health, social and support services in a protective setting during daytime hours. This is a community-based service designed to meet the individual needs of functionally impaired adults.

STEP 1 Decide What You Need

Decide what you and your loved one want from attending the adult day center.

WHAT DOES YOUR LOVED ONE WANT OR NEED?

- A safe, secure environment?
 - Social activities?
 - Nutritious meals and snacks?
 - Special diet?
 - Exercise?
 - Mental stimulation?
 - Personal care bathing, shampooing, shaving?
 - Assistance with eating, walking, toileting, medication management?
 - Therapies physical, speech, occupational?
 - Professional health monitoring blood pressure, food or liquid intake, weight?
- ✓ *Consider an adult day health care program if there are significant health, or medication administration needs.*

(Step 1, cont.)

WHAT DO YOU NEED?

- Occasional free time?
- Daytime help to maintain a job?
- Transportation assistance?
- Emotional support?
- Assistance in planning for future care needs?
- ✓ *Ask about caregiver support groups*
- ✓ *Ask about extended hours*
- ✓ *Ask about transportation arrangements*

STEP 2 Find a Program Near You

Identify services in your area.

- Visit www.caads.org and click on "Find a Program Near You"
- Yellow Pages "Adult Day Care," "Aging Services," "Senior Citizens' Services," Area Agency on Aging (AAA)
- 1-800-510-2020 for CA statewide information line

STEP 3 Call for Information

Call adult day centers and ask for a flier or brochure, eligibility criteria, a monthly activity calendar, a monthly menu, fee schedule, and application procedures.

STEP 4 Know What to Ask

Ask for the following information:

- Owner or sponsoring agency
- Years of operation
- License or certification
- Hours of operation
- Transportation arrangements/cost
- Days open
- Number of staff per participant (ratio)
- Staff credentials
- Menu appeal, balance, special diets?
- Dementia specialization?