

EVALUATING ADULT DAY SERVICES

In general, there are three types of adult day centers^{1,2}

Please note that not all three types are available in all communities

Adult day services Provide attendees with activities, social interaction, recreation and meals. They often do not provide medical attention.

Adult day health care May be appropriate for those who need more assistance. Adult day health care typically requires a health assessment and offers physical, occupational and speech therapy. An adult day health care facility is also likely to be staffed with a Registered Nurse (RN) and other health professionals.

Adult day care services Specifically designed to support and care for patients with Alzheimer’s or dementia. Adult day care programs typically provide socialization, reminiscing, recreational exercise, counseling, support groups, information, nutritious meals and snacks, health monitoring and art/ music therapy. Some day centers offer nursing, occupational therapy, physical therapy, and personal care.

Adult day services are provided through centers that serve as community-based programs that provide some assistance such as personal care, social integration and companionship in a group setting (usually during the work week).

There are more than 4,600 adult day care centers in the United States, and each state provides their own guidelines for operations (Source: [Helpguide.org](http://helpguide.org)).

Finding the right center

This worksheet will allow you to assess the fit of a center’s resources with the needs of you and/or your family member. You can find further details on the various types of adult day services available within our brochure titled, “Aging and its Financial Implications: Planning for Housing.”

Name of center		Date visited
Address		Phone no.
City	State	Zip code
Contact name	Your rating 1–5 (5 being the highest)	

¹ <http://nadsa.org/learn-more/about-adult-day-services> “About Adult Day Services” Website for the National Adult Day Services Association.

² <http://helpguide.org/articles/caregiving/adult-day-care-services.htm> “Adult Day Care Services: Finding the Best for Your Needs.”

Release from liability: Any selections the individual or family makes in terms of care are the sole responsibility of the decision maker. The Financial Advisor, Legg Mason and the Center for Innovative Care in Aging at the Johns Hopkins University School of Nursing are held harmless and released from any liability that may occur from selecting a care center, caregiver community or facility.



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General information

How long has the center been in existence?

What are the days and hours of operation?

What type of scheduling is available (full-day, half-day, hourly)?

Are there any age or other restrictions?

What conditions are accepted (e.g., memory loss, limited mobility, incontinence)?

What is the primary type of care provided? Check all that apply.

Social and recreational

Medical and health support

Specialized care (e.g., dementia, or clients with disabilities)

Services offered (Compare your needs with what is provided)

General services

Needed Provided

Transportation to/from center

Socialization

Daily activities (e.g., arts and crafts, mental stimulation games (such as bingo) local outings)

Assistance with some basic functions (walking, eating, taking medication, toileting)

Exercise and recreation

Meals/snacks

Caregiver is permitted to accompany the participant

Medical and therapeutic services (if applicable)

Needed Provided

Emergency services — staff trained in first aid/CPR

Medical assessment (e.g., blood pressure, weight, blood sugar levels)

Medical treatment

Medicine management

Music therapy

Nursing (coordination with personal physician to provide health monitoring by a registered nurse and medication administration)

Physical therapy

Speech therapy

Services offered (Continued)

Medical and therapeutic services (Continued)

Needed Provided

Occupational therapy

Social worker (coordination of services and referrals to outside services and groups)

Site visit checklist

Once you determine the center has the services you are looking for, and serves adults with similar needs to your own, it's time for a site visit. Here are some considerations for your visit.

What is your first impression of the center?

Did someone greet you and explain the center services and activities? Did you learn about staffing, scheduling and costs?

Is the center licensed or certified (if required in your state)?

Is the building clean, amply furnished and free of odor?

Are the building, bus and grounds wheelchair accessible?

Are there sturdy loungers and chairs with arms for relaxation?

Is there a place where a participant can relax quietly?

Does the staff seem cheerful, encouraging and competent?

Are the participants at a similar stage of life to your family member?

Safety and security

Ask about these emergency procedures during your site visit.

Are emergency exits clearly marked and unobstructed? Yes No

Are there fire safety systems (smoke detectors, fire extinguishers and sprinklers)? Yes No

Does the center post an evacuation plan? Yes No

Are there safety procedures in place to prevent residents from wandering? Yes No

Transportation

Transportation to and from the center may be offered, as well as other types of transportation.

Does the center have an emergency policy to determine when to call 911?	Yes	No
Is transportation offered to and from the center?	Yes	No
Did you see the vehicle and meet the driver?	Yes	No
Is there a charge for transportation?	Yes	No
Does the center offer transportation for appointments (e.g., doctor appointments)?	Yes	No
Is transportation accessible for wheelchairs and walkers?	Yes	No
Does the driver assist the client when getting in and out of the vehicle?	Yes	No
What is the policy for late pickup at the end of the day?	Yes	No

Costs

In general, Medicare does not cover adult day care services. Costs will vary depending on the type of services you need. Some of the costs may be covered by Medicaid for those who qualify. Check with your local area agency on aging for what is covered in your area. Additionally, the VA may help cover some costs for veterans. Contact your local VA social worker for more information.³

What is the fee — hourly, daily or monthly?

Is a deposit required? If yes, how much?

What is the cost of other typical charges (e.g., meals, snacks, transportation, outings, health care services)?

What types of payments are accepted — check, credit card, direct withdrawal (from checking account)?
What is the policy for missed time/days?

Is any of the cost covered by Medicare or private insurance? Yes No

Additional resources

For information in choosing an adult day care provider, please visit this site provided by the National Adult Day Services Association: <http://nadsa.org/consumers/choosing-a-center/>

Sources referenced:

National Adult Day Services Association (NADSA): www.nadsa.org or <http://nadsa.org/locator>

HelpGuide.org: <http://www.helpguide.org/articles/caregiving/adult-day-care-services.htm>

Administration on Aging: <http://www.eldercare.gov/Eldercare.NET/Public/Index.aspx>

³ www.medicare.gov, www.va.gov

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