

5-STEP GUIDE TO CHOOSING ADULT DAY SERVICES

**START
HERE!**



1

FIND OUT IF ADULT DAY SERVICES IS RIGHT FOR YOU AND YOUR LOVED ONE.

- Are you spending time from your job or family trying to meet the care needs of your loved one?
- Is your loved one in the early to mid-stages of Alzheimer's Disease or other form of dementia?
- Does your loved one need assistance with bathing, dressing, medication management or meals?

2

LOOK INTO AVAILABLE SERVICES IN YOUR AREA.

- Contact your local Area Agency on Aging or Alzheimer's Association.
- Talk with your physician about how using a program that can meet your loved one's needs might decrease your stress.
- Call 610-782-8390 and ask to speak with one of our program consultants for help.

3

EVALUATE ADULT DAY SERVICES AND ASK THE RIGHT QUESTIONS.

- What are the eligibility and age requirements?
- Is a physician referral required for participation in the program?
- Where is the program located? Is transportation available?
- What are the hours of operation? Is full-time and/or part-time care available?
- How can the program help ease your caregiving responsibilities? Is there assistance with dressing, showers, and shaves? Does the program provide breakfast, lunch, and a snack? Are there on-site beauty and barber services, therapy, or podiatry care?
- How can the staff help your loved one to have their very best day? What is a typical day like?
- What is the staff-to-participant ratio? Are there bi-lingual staff onsite?

4

SCHEDULE A VISIT OR DROP-IN.

- What was your first impression?
- Did the staff make you feel welcome?
- Were you able to speak with program participants and/or caregivers about their experience?
- Were participants enjoying their day?

5

TAKE THE NEXT STEP.

- Schedule a no-commitment trial run and experience first-hand how Adult Day Services can help you and your loved one.

CAREGIVERS SPEND, ON AVERAGE, 20 HOURS A WEEK (OR MORE) CARING FOR A LOVED ONE.

Caregiving in the United States; National Alliance for Caregiving in collaboration with AARP. November 2009

**DID YOU
KNOW?**



ADULT DAY SERVICES
at WESTMINSTER VILLAGE

Are You A Caregiver In Need of Support? Call 610-782-8390.