

# EVALUATING ADULT DAY SERVICES



Adult day services are provided through centers that serve as community-based programs that provide assistance such as personal care, social integration and companionship in a group setting, usually during the workweek. In general, there are three types of adult day centers. Not all are available in all housing options.

- **Adult day services**

Provide activities, social interaction, recreation and meals.

- **Adult day health care**

Provide physical, occupational and speech therapy based on a health assessment. They are often staffed with a registered nurse or health professional.

- **Adult day care services**

Typically support people with Alzheimer's or dementia. They provide socialization, recreational exercise, counseling, meals and health monitoring. They are often staffed with a registered nurse or health professional.

This worksheet will help you determine which adult day care options are best for you and your family.

**Use this worksheet to assess the fit of a center's resources with the needs of you and/or your family member.**

## Topics to Address:

Center profile	Staff
General information	Management
General services	Safety and security
Transportation	Memory care considerations
Medical and therapeutic services	Costs
Site visit checklist	

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## Center profile

Name of center

Date visited

Address

Phone no.

City

State

Zip code

Contact name

Your rating 1–5 (5 being the highest)

## 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?

Yes No

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)

## General services

Is the location convenient?

Yes No

Is there adequate socialization/activities?

Yes No

What is the schedule of daily activities (e.g., arts and crafts, mental stimulation, games and local outings)?

## General services (continued)

Is there assistance with basic functions (e.g., walking and eating)?	Yes	No
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Are there exercise and recreational activities?	Yes	No
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Are meals and snacks offered?	Yes	No
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Is a caregiver permitted to accompany the participant?	Yes	No
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## Transportation

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

What emergency services are available (staff trained in first aid/CPR)?

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How is staff trained to handle emergencies (e.g., fire/outbreak/quarantine)?

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How often do medical assessments take place (e.g., blood pressure, weight, blood sugar/glucose levels, etc.)?

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What kind of medical treatment is available?

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What medication management services are in place?

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What kind of music therapy is available?

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What kind of nursing (coordination with a personal physician to provide health monitoring and medication administration) is available?

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What kind of physical therapy is available?

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What kind of speech therapy is available?

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What kind of occupational therapy is available?

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Is a social worker (coordination of services and referrals to outside services and groups) available?

Yes No

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## Site visit checklist

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

What is your first impression of the center?

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

Yes No

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### Site visit checklist (continued)

Is the center licensed or certified (if required in your state)? Yes No

How are shared objects managed to prevent the spread of germs?

Is the building clean, amply furnished and free of odor? Yes No

Are the building, transportation and grounds wheelchair-accessible? Yes No

Are there sturdy loungers and chairs with arms for relaxation? Yes No

Does the staff seem cheerful, encouraging and competent? Yes No

Are the participants at a similar stage of life to your family member? Yes No

### Staff

What is the ratio of staff to residents?

What is the staff turnover rate?

### Management

How is management staffed?

What feedback mechanisms exist for participants?

### Safety and security

How does the facility communicate when an outbreak of any type occurs?

Are emergency exits clearly marked and unobstructed? Yes No

## Safety and security (continued)

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

## Memory care considerations

Does the center have experience with people with Alzheimer's disease, dementia or other cognitive impairment? Yes No

What qualifications are met by staff?

What training is provided to staff?

## 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.

What is the fee? (hourly, daily or monthly)?

Is a deposit required? If yes, how much? Yes No

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



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