

## **How to find Adult Day Care**

**If you are the caregiver, Adult Day Care may make life easier.**

The majority of in home care providers for physically or cognitively disable adults are family members generally an adult child or a spouse. Without the care of these family members many of these disabled adults would require care in nursing homes. Family caregivers are valuable to our economy but often need additional help in caring for a loved one. Caregiving can take an enormous toll both financially and physically. Adult day care can provide needed respite from caregiving and may reduce the need for nursing home care.

According to the census there are 4,007 adult day centers operating in the United States, serving primarily people with dementia (including Alzheimer's disease) and the frail elderly who do not have dementia. But experts suggest that more than 5000 new centers will be needed in the next few years to cope with aging baby boomers that will need care. In India only few are available and that too in some of the big cities.

Adult day care is a viable low cost way of keeping individuals who are in need of chronic care at home, in the community, with family and friends as long as possible. They are typically open Monday through Friday during the day and give relief to caregivers during those hours. Surveys show the average cost of adult day centers is Rs.200/-per day, which is considerably under the cost of most other options for the frail elderly and people with dementia.

### **Finding Care**

To find care centers in your area you can:

- Talk with your doctor
- Contact your local Area Agency on Aging or **Elder Helpline**
- Check with your local seniors center
- Check the yellow pages under Adult Day Care or Seniors Services or Senior Citizens

## Evaluating Care

You will want to find the best place for your loved one to spend those hours away from you. Be sure to check for:

- Number of years in operation - look for stability
- State license or certification if required
- Days and hours of operation
- Financial costs - be sure to look for any hidden costs (such as extra charges for transportation or special meals). Do they have any financial assistance available
- Meet the staff and ask for credentials - can health needs be met?
- Are the attendants trained, check their background
- Is transportation provided?
- Look at the menu - can special needs be met? It is a good sign if they ask you to stay for lunch.
- Can they deal with conditions such as incontinence or dementia.
- Ask for references - if you can talk to the family of a client that is even better.
- Is medical care provided in case of emergency and the charges?

*Don't feel like you are failing your loved one if you need to get a break - the time away from each other can be a great rejuvenator.*

**Source and Courtesy:** [http://seniorhealth.about.com/od/eldercare/a/day\\_care.htm](http://seniorhealth.about.com/od/eldercare/a/day_care.htm)