



## Why Don't People Use Adult Day Services?

People who work in adult day service (ADS) witness the positive effects that programs have on participants and their caregivers. New friendships develop, clients and families experience increased well-being, attendees sleep better at home and often are more helpful and talkative around the house. Applied research from Rush University Medical Center even demonstrated that former ADS clients with dementia make a more smooth transition to long term care facilities at time of placement.

Why then are people reluctant to choose adult day service?

- **Adult Day Service is misunderstood.** Many times people think of it as a “baby-sitting service” rather than a program offering significant benefits to the participant and family. Plan to visit a center for a first hand look at a program in your area. Program elements usually include health monitoring, medication supervision, exercise sessions, assistance with personal care, recreational activities, discussion/reminiscing groups, a hot noon meal, transportation (within specific boundaries) specials events and outings.
- **Paying for day service is a worry.** Speak with providers to determine if resources to help fund attendance at ADS may be available through the Department on Aging, the Veteran’s Administration or local organizations. Consider that benefits of the program make it a good value. Usually for less than the cost of in-home care the center provides health monitoring, opportunities for socialization, day time supervision and assistance with activities of daily living.
- **Families fear that care will not be good enough.** It is often difficult to admit the need for help. Being a caregiver is a physically and emotionally demanding responsibility. ADS centers view themselves as partners in caregiving and are there to supplement family efforts, not replace them.
- **Establishing a new routine will be difficult.** This is true, but families who choose ADS do so because it seems right. It can take time before the participant feels comfortable going to a strange place and all the transportation and scheduling issues get worked out but with consistent encouragement to “try it for a little while” the other clients and the social setting usually sells itself.
- **Families wonder about adjustment to a new place.** Staff works hard to create a friendly atmosphere at the center. They recognize the abilities and the life experiences that each person brings to the group and focus remaining skills instead of losses. This person-centered approach creates a setting that supports different skill levels, cultural preferences and individual needs as much as possible.

**Contact your local adult day service provider to discuss these concerns...you will be glad you did!**

Material adapted from the Respite Report Collection with permission of the Partners in Caregiving Program.