

Spotlight On Caregiving

Choosing An Adult Day Center

(NAPSA)—Family caregivers often find themselves overwhelmed when juggling the responsibility of caring for an older relative with work and day-to-day family activities and obligations. One important resource for both the caregiver and the individual in need of care is an Adult Day Center (ADC), also referred to as Adult Day Services or Adult Day Care.

The mission of Adult Day Services is twofold. They first seek to provide older adults with a program of social and health services in a group setting, with the goal of improving their ability to remain as independent as possible while continuing to live at home. Secondly, these services often allow family caregivers to continue working, attend to other family responsibilities and find time for themselves, with the comfort of knowing their family member is receiving needed care and support.

According to the National Adult Day Services Association (NADSA), there are more than 3,500 centers nationwide, servicing more than 150,000 Americans each day. So how can you choose an ADC? The first step is to learn some facts.

Types Of Centers

- **Adult Day Social Care:** These centers provide social activities, meals, recreation and health-related services.
- **Adult Day Health Services:** These centers provide social activities as well as more intensive health, therapeutic and social services for those with severe medical problems or those who need



Adult Day Centers

About the Subject
In today's world, an individual's most precious resource may be time. Trying to find the time to care for an aging family member or significant other, together with the demands of everyday life, can be overwhelming. More emphasis is being placed on the need for a wide variety of long-term care alternatives for older adults — avenues of care between the home and facility placement.

One such alternative is the adult day center, sometimes referred to as Adult Day Care or Adult Day Services. Adult day center programs have been assisting caregivers for over 20 years. According to the National Adult Day Services Association (NADSA), there are more than 3,500 centers nationwide servicing more than 150,000 Americans each day.¹

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MetLife Caregivers face many challenges as they juggle their own lives and make decisions about how best to provide care to their loved ones. To help meet their needs, MetLife offers SinceYouCareSM — a series of guides which provide practical suggestions and helpful tools on a variety of specific care-related products.

rehabilitation with services such as physical, occupational and speech therapy due to an injury or illness.

- **Dementia-Specific Adult Day Care:** These centers provide social and health-related services to those with diagnosed dementias such as Alzheimer's disease.

Services Offered

Although each center may differ in features, scope of services and the area of expertise, these general services are offered by most ADCs:

- **Transportation:** Door-to-door handicapped service in a vehicle that is accessible to people with disabilities.
- **Social Activity:** Interaction with other participants in planned activities.
- **Meals and Snacks:** Participants are provided with meals and snacks. Those with particular dietary needs are offered special meals and individuals who have

difficulty eating receive assistance.

- **Nursing Care:** Services such as administering medications or doing monthly health assessments.
- **Personal Care:** Help with toileting, grooming and other personal activities.
- **Counseling:** Helps participants deal with depression and anxiety.

Smooth Transitions

Try these tips for helping the person you care for become comfortable with the idea of an ADC:

- Explain that an ADC will let you continue to work, while providing a safe and social environment for him or her during that time.

- Start with a trial period of only a few hours a week.

- Consider spending time at the center with your loved one initially to ease the adjustment and to make sure you are comfortable with the center.

Learning More

You can find additional information about ADCs, including a list of questions to determine if an ADC fits your needs as a caregiver, in a free booklet from the MetLife Mature Market Institute called "Adult Day Centers." It is part of the "Since You Care" series of guides created in cooperation with the National Alliance for Caregiving. It includes information, resources and checklists. You can get a copy by calling (203) 221-6580, e-mailing maturemarketinstitute@metlife.com, visiting www.maturemarketinstitute.com or writing MetLife Mature Market Institute, 57 Greens Farms Road, Westport, CT 06880.