

THE GLADE CAREGIVER TIP SHEET

10 Ways to Tell your Loved One about Adult Day Services

- 1** Fun, fellowship, and good food!! Highlight the social aspects and downplay the care aspects of the center. The center can be described as a social club.
- 2** Discuss the productive aspects of the activities at the center. Explain that they may be there to attend a meeting or to volunteer to help others.
- 3** Describe some of the activities that might be of interest to them, and explain that this is an opportunity to rediscover old interests as well as discover new interests.
- 4** Encourage them to just try it for a week or so.
- 5** Ask them to do it for you, because you love them. They will be safe, and you can go to work and not worry.
- 6** Ask them to do it for the whole family. It gives everyone a break from each other, and helps the family get along better.
- 7** Talk over the health aspects that will enhance their physical wellness. Explain that the staff can administer medication, and that social and physical stimulation keeps the brain healthy
- 8** Explain that the doctor has suggested the use of the center, and ask the doctor to write an order or prescription for the program.
- 9** Explain that this is something that they must do for their own wellbeing. Do not give them a chance to oppose the decision. If necessary, go with them so she will not feel alone or abandoned.
- 10** Don't!! If your loved one is highly anxious, do not discuss the visit in advance. The orientation and explanation can take place at the center.