



## Between Friends

Thoughts on Caregiving  
Suzanne Szczepanski-White, MA

# Are Adult Day Services Right for You?

An article in *International Psychogeriatrics* some time ago reported that, when adult day services are used on a regular basis, family caregivers report more time for themselves, and a decreased frequency of “problem” behaviors in their loved ones who attend adult day centers.

Yet many people struggling with the care needs of aging family members still have no clue that adult day centers exist. And some of those who do too often consider adult day centers as “baby sitting services for old people.”

Nothing could be further from the truth.

Today, most adult day centers serve people with increasingly complex care needs, including those with Alzheimer’s Disease or other memory loss; with a variety of chronic illnesses; as well as persons with developmental disabilities.

In fact, confusion with child care is one of the reasons why many adult day centers – including A Friend’s House – changed their names from “adult day care” to “adult day services.”

Another reason for the change was to emphasize the variety of therapeutic support services provided by adult day centers. Services provided are for both care givers and care receivers.

Services provided vary by center, but usually include socialization; exercise; personal care services, assistance with daily living activities; medication monitoring or administration; meals and

snacks; transportation; field trips; reminiscence activities; table games and recreational activities.

Services for caregivers include daytime respite; monthly support groups; counseling; care consultation and referrals; and information on community resources.

Are adult day services the right choice for you and your family? You can’t really know until you try. The following questions might help you decide:

- Could you use some help caring for a loved one who is confused or forgetful, or experiencing physical health problems?
- Do you feel you need some time away from care demands?
- Do you leave your loved one alone to do errands or go to work?
- Do you worry about your loved one’s safety when he or she is alone?

If you answered yes to any of these questions, adult day services might be an option to consider.

Do something for us this month. Ask five people you know if they are caring for or concerned about an aging family member – or if they know of someone who is. Chances are, at least four, if not all five of those people will say yes.

Tell them about adult day services. Encourage them to visit A Friend’s House, or the center closest to them. Share your story, so others might be encouraged to share the care.

### **A Friend’s House Adult Day Services**

A program of Catholic Services of Macomb  
15945 Canal, Clinton Twp., MI 48038 (586) 412-8494  
26238 Ryan Road, Warren, MI 48091 (586) 759-8700, Fax (586) 759-8789