



Banner Health
McKee
Medical Center
Stepping Stones
Adult Day Program

How Do I Encourage My Family Member to Attend an Adult Day Program? *(from Alzheimer's Association)*

- Convince yourself first. The attitude of the caregiver is key. Confidence that you are doing the right thing is absolutely essential.
- Give a convincing reason. Some people attend because they see the program as their “club,” or as “class.” Some go for a particular activity, or to be with a new friend. Some attend to “help” others as a volunteer would. Ask your doctor and others to back you up.
- Look for the hook. Schedule your family member’s visit when there is an activity (for example, music, crafts, exercise or discussion) that they might enjoy on the spot.
- Take one step at a time. The objective of the first, short visit is simply to have the person agree to return for a day. Don’t push too hard; use a try-it-and-see approach.
- Be firm. Initially, the person may be enjoying going, but complain to you of being unhappy. Don’t argue. Just assume your loved one will return on the next scheduled visit. Try saying, “They are expecting you today,” or “I want you to go for a little while.” Ideally the individual should be strongly encouraged to give the program a try. Minimize or eliminate the choice to not attend.
- Get the right person to take him or her, at least the first few times. Choose someone who can usually get your family member to do things.
- Start with a few short days. Short days are less taxing for newcomers. When the routine becomes comfortable, you can add days. It usually takes a new person several weeks to adjust.
- Reinforce the positive. Support any positive experiences that your family member or staff have noticed.
- Remember your adult day program staff is dedicated, caring and competent. The program’s goal is oriented to encourage learning, participation and maximization of existing skills. Each individual is monitored to ensure that he or she is included enjoying each activity. New participants soon begin to feel a sense of purpose and belonging and look forward to the next time they all meet.



For more information, contact:
Stepping Stones Adult Day Program
2000 N. Lincoln Ave.
Loveland, Colorado 80538
(970) 669-7069