



Banner Health
McKee
Medical Center
Stepping Stones
Adult Day Program

Is an Adult Day Program the Right Choice?

(from National Alliance for Caregiving)

How do you know if an adult day program is the right situation for you as a caregiver?

Honestly assess your situation to see whether or not an adult day program is an appropriate solution.

- Do you need occasional assistance with taking care of your loved one?
- Are you worried about his or her safety when you cannot be around?
- Are you leaving your loved one too often in order to do errands or go to work?
- Do you find that you are taking more and more time off work to care for your loved one?
- Would you feel better if he or she was able to enjoy a nutritious meal during the day, the opportunity to socialize more or to get more exercise?
- Has a good relationship with your loved one turned into a troubled one? Are arguments increasing?
- Is your loved one feeling isolated by not having the company of other older people?



A *yes* to even one of these questions could mean that an adult day program might be the answer to your loved one's caregiving needs. This doesn't mean it will be easy for you or the individual for whom you are providing care. Feelings of guilt and "shirking your responsibility" may be an initial reaction when considering an adult day program. But remember that you need time to care for you, to be able to work or run errands without worrying about how your family member is managing, and time to relax and regroup, so that when you are providing care you're at your best.

Feelings of anger, fear, denial and resistance are common first reactions by persons receiving care when a new idea such as an adult day program is proposed. It is important to understand that a period of adjustment may be necessary.

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