



# STAGES of SENIOR CARE

*Your Step-by-Step Guide to Making the Best Decisions* | by Paul and Lori Hogan

## Chapter 6: Adult Care Centers

These are community-based group programs designed to provide social and some health services to adults who need supervised care in a safe place during the day.

### Advantages

- A safe, secure environment
- Socialization, educational activities, and support for seniors
- Enhanced or maintained level of independence
- Nutritious meals and snacks
- A source of respite for family caregivers
- Some centers offer social, health, and dementia day care

### Disadvantages

- Senior may feel frustrated/abandoned
- Facility may not be as good as it appears
- Facility might not meet senior's individual needs
- Finding the right fit might be difficult

### Choose This Option If

- Senior can't be safely left alone at home
- Senior can no longer structure own daily activities
- Senior is isolated and needs socialization
- Senior is in early stages of dementia or Alzheimer's disease

### Average Annual Cost

- Daily fees for adult day services vary depending upon the services provided (The national average rate for adult day centers is \$61 per day, which includes 8 to 10 hours on average.)

### Resources Available

- National Adult Day Services Association, [nadsa.org](http://nadsa.org)
- National Association of Area Agencies on Aging, [n4a.org](http://n4a.org)

### Issues You Should Be Aware Of

- The three most common types of ADC are (1) social day care, (2) adult day health care, and (3) dementia day care

### When It Is Time to Move On

- There is an increase in special care needs (incontinence, wandering, sleeplessness, and combative and other difficult dementia behavior)
- Senior needs care that extends beyond the normal work day
- There is a decline in physical health of the caregiver

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