MFS® Heritage Planning℠

Helping Yourself•Helping Your Parents•Helping Your Children℠

info sheet Adult Day Care Center Checklist

Courtesy of:

Adult Day Care Center Checklist

If you are interested in obtaining adult day care as an option for your elder, thoroughly investigate the programs and policies of the adult day care center in your area. Use the following guidelines to be sure you get the answers you need.

Center's Name

____

Center's Address

____

____

Center's Telephone

____

Name of Director

____

Hours of Operation

When is the center open? __________________

Does it have a half-day program? Yes ☐ No ☐

Does it have a full-day program? Yes ☐ No ☐

Eligibility requirements

What are the age requirements (if any)?____________

Must participants live within a certain area?________

Are people with Alzheimer's disease accepted? ______

What is the level of physical or mental incapacity that the center can handle?________________________

Cost

How much would care cost for the hours and services you elder needs? ____________________________

Is there a sliding fee scale? Yes ☐ No ☐

Is there an additional cost for Alzheimer's patients? Yes ☐ No ☐ How Much? ________________

What services cost extra? ________________________

Will Medicaid cover any of the cost? Yes ☐ No ☐

Services provided

The following is a list of services provided by many centers. Not all centers provide all services so be sure to ask which are available.

Social Services	Yes ☐	No ☐
Transportation to center	Yes ☐	No ☐
Transportation/other	Yes ☐	No ☐
Medical assessment	Yes ☐	No ☐
Medical treatment	Yes ☐	No ☐
Podiatry	Yes ☐	No ☐
Recreational therapy	Yes ☐	No ☐
Art therapy	Yes ☐	No ☐
Occupational therapy	Yes ☐	No ☐
Speech therapy	Yes ☐	No ☐
Music therapy	Yes ☐	No ☐
Reality therapy	Yes ☐	No ☐

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Physical therapy	Yes ☐	No ☐
Occupational therapy	Yes ☐	No ☐
Exercises	Yes ☐	No ☐
Assistance dressing/ grooming/using the toilet	Yes ☐	No ☐
Bathing	Yes ☐	No ☐
Meals at center	Yes ☐	No ☐
Dietary counseling	Yes ☐	No ☐
Nursing services	Yes ☐	No ☐
Laundry	Yes ☐	No ☐

Standards of Care

An adult day care center should provide a planned program of therapeutic activities relevant to your elder's needs. Observe the programs and participants, and keep the following questions in mind.

Are there established state-determined standards of day care? Yes ☐ No ☐

If so, does the facility meet them? Yes ☐ No ☐

Is the center clean, comfortable, and cheerful? Yes ☐ No ☐

Is the physical environment safe and accessible for people with disabilities? Yes ☐ No ☐

Are doorways wide enough and tables and toilets at the right height for people who use wheelchairs or walkers? Yes ☐ No ☐

Does the facility meet local fire, sanitation, and health codes? Yes ☐ No ☐

Are exits clearly marked, unobstructed, and easily opened from the inside? Yes ☐ No ☐

Are emergency procedures posted and easy to understand? Yes ☐ No ☐

What kinds of qualifications and experience does the staff have? ____________________

____

____

____

____

Do staff members treat participants with care and sensitivity? Yes ☐ No ☐

Do the participants seem content and occupied with therapeutic and recreational activities? Yes ☐ No ☐

Does the center offer programs suitable for your elder's needs? Yes ☐ No ☐

For more information or a list of other MFS Heritage Planning educational materials on helping your parents, your children, or yourself, contact your financial adviser.

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