



# A CAREGIVER'S GUIDE TO SELECTING AN ADULT DAY SERVICES CENTER





## What are Adult Day Service Centers?

Adult Day Services Centers, also known as adult daily living centers, are designed to meet the physical, social and emotional needs of adults in need of supervised care. Adult Day Services Centers offer a community-based alternative, which allow individuals to remain in their home or in the home of a caregiver. Centers provide or arrange a coordinated program of services for part of a 24-hour day; including health maintenance services, social interaction and respite. Adult Day Services Centers are licensed and inspected by the Pennsylvania Department of Aging on an annual basis.

All Adult Day Services Centers in Pennsylvania offer personal care, nursing services, social services, therapeutic activities, nutritional meals and emergency care. Additional services may include but are not limited to: physical therapy, podiatry, and cosmetology. Services are provided, as appropriate for each participant, through an individualized plan of care.

Additionally, respite is provided for caregivers enabling them to take a break from 24-hour caregiving, thus preventing caregiver burnout.



## Who is Eligible?

To be eligible to attend an Adult Day Services Center, an individual must be a resident of Pennsylvania who is:

- ❖ Sixty years of age or older
- ❖ Eighteen years of age or older and has post-stroke dementia, Parkinsonism, or a dementia-related condition such as Alzheimer's disease or other organic brain syndrome
- ❖ In need of assistance to meet personal needs and perform basic daily activities
- ❖ Capable of being transported to and from the center

Eligibility is based on your need for the service, not on financial criteria.



# How do Centers Manage and Help with Health and Care Planning?



## **Services are designed to:**

- ❖ Maintain or improve a participant's level of functioning
- ❖ Promote socialization and peer support
- ❖ Provide respite and support for caregivers, thereby contributing to a participant's ability to remain in the community

## **Quality Care:**

- ❖ Retains the services of a registered nurse (RN) or practical nurse (LPN) - Nursing services vary by center
- ❖ Utilizes qualified staff to administer medications and maintain a medication log for all clients who take medications at the center
- ❖ Creates and maintain individual care plans



## How Do I Find the Right Adult Day Services Center?



When choosing an Adult Day Services Center it is recommended that you call or visit several centers before making a decision. It is often best to call ahead to schedule an appointment to tour the facility, as staff may not be readily available to meet with you if you

arrive unannounced. Use this guide to compare centers, and ask each center for a brochure or a written description of services provided and eligibility criteria.

## How Can I Locate Centers?

Contact your local senior center or call **1-800-677-1116** for the Area Agency on Aging (AAA) in your area. A directory of Adult Day Services Centers can be found at: **[www.aging.state.pa.us](http://www.aging.state.pa.us)**.



# Helpful Tips to Consider When Selecting an Adult Day Services Center

*Use this helpful checklist when visiting or calling adult day services centers*

- Does the center accept persons with the condition(s) of the individual for whom you provide care? (Such as: Limited mobility, incontinence, memory loss, etc.)
- Do the activities available at this center match your loved one's interests?
- What are the center's hours and days of operation?
- Does the center provide the specific services necessary for the individual for whom you provide care? (Such as: Assistance with bathing, toileting, medications, diabetic care, monitoring of blood pressure, etc.)
- Does the center offer or assist with transportation?
- What is the daily cost to attend? \_\_\_\_\_
- Does the menu offer dietary balance, is it appealing?
- Is an emergency evacuation plan posted in a public place?
- Are there any late pickup or cancellation fees?

- Are there potential funding sources?  
(i.e. Waiver, VA, etc.)
- Did you feel welcomed?
- Did the center present information about staffing, program procedures, and what they expect of caregivers?
- Does the center have an inclement weather policy?
- Does the center have a designated first aid area?
- Is the center close enough to your home or office for your comfort?
- Is there a list of client's rights posted?
- Is there contact information for the local ombudsman posted?
- Is their PA License posted for public review and current?
- Did the facility appear clean and free of odor?
- Is the furniture clean and well-maintained?









PA Department of Aging  
**Bureau of Quality Assurance**

**Division of Licensing**

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