

Caregiver Checklist for Finding an Adult Day Program

The process of finding the right place for your loved one can be overwhelming. Here is a handy guide of suggestions that may help you select the best adult day program to meet your specific family's needs.

Staff

- What is the ratio of staff to participants?
- Does the staff have specific training in dementia care?
- Does the staff show interest in individual participants?
- Is the staff courteous and treat everyone with dignity and respect?
- Is privacy respected?
- What certifications and training have they had?
- Is everyone properly background checked?
 - o LiveScan provides background checks <https://oag.ca.gov/fingerprints>

Activities

- Is there adequate space to accommodate group activities?
- Are the activities therapeutic, such as activities specifically to engage both the mind and body?
- Do the activities cover a variety of interests?
- Are there enough activities throughout each day to keep your loved one engaged and social?
- Do participants spend time outdoors, weather permitting?
- Are there support services for caregivers, such as lending libraries and weekly support groups, to help the caregiver best manage at home?

Centers

- Is there transportation provided to and from the center? If so, is it an additional cost?
- Does the center have a "good feel" – like a home away from home?
- Are the doors secured?
- Is there an alarm system or other security measure to ensure no one can wander off the premises?
- Are the rooms clean? Is there an obvious odor reflecting poor housekeeping?
- Is there adequate ventilation?
- Is there an outdoor patio so the participants can get fresh air?
- Are halls and restrooms wide enough to accommodate walkers and wheelchairs?
- Are floors clean and non-slippery? Is the kitchen area clean and food handled safely?
- Is the dining area pleasant, comfortable, clean and easily accessible?
- Are participants encouraged to eat nutritional meals and snacks that the center provides?
- Are tables convenient for wheelchairs?
- Are the meals and snacks appropriate for your loved one? Does the food appear appetizing?
- Are bathrooms conveniently located? Do they have handgrips or rails near the toilets?

This list is produced in cooperation with The George G. Glenner Alzheimer's Family Centers (Adult Day Healthcare programs) of San Diego County with help from Southern Caregiver Resource Center (SCRC).