

The following guide and site visit list are made available by the National Adult Day Services Association and has been adapted for Orange County, CA.

Choosing a Center

Adult day centers provide a planned program that includes a variety of health, social and support services in a protective setting during daytime hours. Below are some suggestions for choosing the right adult day center for you or your loved one.

Step 1 – Determine your needs

What specific services are important to the person using the center?

- A safe, secure environment?
- Social activities?
- Assistance with daily living skills – walking, eating, taking medications, bathing?
- Therapies – physical, speech, occupational, nursing?
- Health monitoring – blood pressure, blood sugar levels, food/liquid intake, weight?
- Nutritious meals and/or snacks? Special diet?
- Exercise programming?
- Specialized care such as dementia care or TBI care?

What do you, the caregiver need?

- Occasional free time?
- Coverage while working?
- Transportation for your loved one?
- Assistance in planning care?

Step 2 – Locate an Orange County adult day center

- Search centers in NADSA's database by street address and [zip code](#)
- Search [OC Adult Day Services Coalition](#) website for a member center
- Contact the Orange County Office on Aging (800-510-2020)
- Contact the [California Association for Adult Day Services](#).
- Ask at a local senior center or organization serving persons with developmental disabilities (as applicable)
- Use a search engine to locate a center and review center websites

Step 3 – Make an appointment to visit the center(s)

Step 4 – Know what to ask during your visit

- Bring the site visit checklist below with you.

Step 5 – Check references

- Talk to two or three people who have used the center you are considering. Ask for their opinion.

Step 6 – Try it out

- Select a day center and give it a try for a few days.
- Keep in mind that it often takes several visits for a new participant to feel comfortable in a new setting and routine. Staff may have suggestions for making the transition easier both at home and at the center.

Step 7 – Take care of yourself

- Relax knowing your loved one is being well cared for. Always feel free to check in with the center and ask questions. They are there to help you!

Site Visit Checklist

Ask the center to provide you with any written documentation such as brochures, calendars and menus.

Questions to ask when visiting a center:

- How many years has the center been in operation?
- Does the center have a license, certification and/or accreditation?
- What are the hours of operation?
- Are transportation services offered?
- What is the cost?
- Hourly or daily charge, other charges?
- What type of payments are accepted?
- Is financial assistance available?
- Is specialized care provided for conditions such as memory loss or TBI?
- What is the staff/ participant ratio?
- What kind of training does staff receive?
- Do participants have access to services such as physical or occupational therapy?
- What type of activities are provided?
- Are meals and/or snacks provided? Dietary assistance?

Site Visit Checklist:

Yes / No Did you feel welcome?

Yes / No Were the center services and activities properly explained?

Yes / No Were you given information regarding staffing, programming, and costs?

Choosing an Adult Day Services Center

Yes / No Is the facility clean, pleasant and free of odor?

Yes / No Is the building and site wheelchair accessible?

Yes / No Is the furniture sturdy and comfortable?

Yes / No Are there loungers and chairs with arms for relaxation if appropriate?

Yes / No Is there a quiet place in the center?

Yes / No Did the staff and participants seem cheerful and comfortable?

Yes / No Are participants involved in planning activities?