

Dad goes to daycare

Written by Lawrence Castillo Host of "Safe Money and Income Radio"
Friday, 06 August 2021 05:06



There comes a time in the natural evolution of life that [it] makes sense to look for outside help when caring for your parents. — Lawrence Castillo

Dad was still vital and mostly self-sufficient, but he was bored and needed more to keep himself occupied. The idea of finding an adult daycare for him was finally addressed. He needed more interaction and more stimuli, plus we needed a short daily break.

We embarked on the adventure of finding a satisfactory place for Dad to visit a couple of times a week. The first thing we learned was that there were two differences in adult daycare centers. One choice would be for health care needs, and the other was for social interaction. Fortunately for Dad, it was the social choice we were looking for.

We had been advised that there are many differences in adult daycare offerings, not just the health and special issues. One big issue was physical access; Dad used a walker, and occasionally it was easier for him to get around in a wheelchair. Unfortunately, not all adult daycare centers will take people in wheelchairs.

We asked about an activities schedule. Do they offer physical activities? What mental stimulation offered? Does a daycare employee become involved, or is that left to those who have come to use the daycare? Do they encourage children to visit? Having a grandchild drop by and visit can raise the spirits of everyone. Activities are key. Ask!

A well-run adult daycare center will offer activities that enrich the experience.

Dad goes to daycare

Written by Lawrence Castillo Host of "Safe Money and Income Radio"
Friday, 06 August 2021 05:06

Here are some of the activities that may be available:

Arts and crafts therapy

Musical entertainment and sing-a-longs

Mental stimulation games such as bingo and card games

Stretching or other gentle exercises

Discussion groups led by a staff member

Holiday and birthday celebrations

Visits by religious organizations

Does the daycare offer meals? If only snacks and drinks are offered, what is the menu? So many people have allergies, or are on a special or restricted diet, you have to ask. We learned about the importance of water. Seniors need water. Does the daycare center push drinking water? It seems like a simple question, but the answer is fundamental.

One big surprise we found on our first-day care visit was how dirty the bathrooms were. It is important to ask to see and inspect the bathrooms. Is the towel dispenser full? Is there hand soap? Are there handrails to help the user? Make sure you know what the hours of operation are. What happens if someone is late in picking Dad up? Are they open on weekends? Is there a shift change during the day? Will it affect Dad's visit?

Dad goes to daycare

Written by Lawrence Castillo Host of "Safe Money and Income Radio"
Friday, 06 August 2021 05:06

Ask about costs and expenses. How much is the daily rate? Is there an hourly rate? According to *A Place for Mom*, average daily fees range from \$100 to \$300. Is there a minimum weekly rate to hold Dad's spot if he is not there regularly? Some nonprofit adult day care centers offer scholarships. Ask!

We found the ratio of staff to users a concern when we visited the daycare centers. We always asked what their staff ratio was, and the better centers offered the better ratios. We found in nonprofit daycare centers; there was a better ratio of staff to the user. It may seem an absurd question, but, are they licensed? Ask them, and then ask to see their licenses. Any credible center will happily show you their license. Don't just assume it is there.

For Dad, it has been a wonderful experience. He looks forward to going to the center, we originally scheduled two days a week, and now he is using the facilities almost every day. He has met a nice group of friends and has learned new activities he never dreamed would interest him.

I hope our research will help you in your search for an adult daycare center.

I found additional help here:

www.ourparents.com

<http://www.helpguide.org/>

<https://eldercare.acl.gov/>

www.seniorresource.com

Dad goes to daycare

Written by By Lawrence Castillo Host of "Safe Money and Income Radio"
Friday, 06 August 2021 05:06

***Send your financial questions to Lawrence Castillo at
LandCRetirementPlanners@gmail.com for future columns.***

By Lawrence Castillo
Host of "Safe Money and Income Radio"