



CICOA helps build communities that enable older persons and those of any age with a disability to live with the greatest possible independence, dignity, and quality of life in central Indiana.

**Caregiver Assistance Foundation Information & Assistance
In-Home Services Nutrition**

**Wednesday, April 08,
2009**

Home

About CICOA

Donate to CICOA

For Our Providers

**Employment
Opportunities**

**Lifelong Living
Communities**

Shopping for an Adult Day Care Center

Ask yourself the following questions:

What do you see?

- Does the landscaping look neat and clean? Is the parking lot clean?
- Are the clients dressed in street clothes?
- Are the clients engaged in various one-on-one and/or group activities? Do the activities you see occurring match the activities listed on the posted monthly activity?
- If visiting during a meal time, does the food look appetizing?
- Are the employees dressed neatly? Can you tell who is an employee and who is a visitor?
- Is the adult day care center well-lighted?
- Are the floors clean – carpet or tile?
- Is the furniture in the lounge areas, dining room, and resident rooms clean?
- Are the bathrooms clean? Are the bathing areas clean? Are there grab bars?
- Does the adult day care center have working smoke detectors? Does the adult day care center have a sprinkler system?

What do you hear?

- Are the clients talking to each other? Are the clients and employees talking to each other in a caring manner?
- Do you hear clients participating in the various activities? Are they having a good time?

What do you smell?

- Are there food aromas coming from the kitchen?
- Do you smell fresh flowers?
- Is the adult day care center free of unpleasant odors? If you do smell

an odor, is it fresh or stale?

What do you feel/touch?

- How does the adult day care center's atmosphere feel (calm, soothing, uplifting, etc.)?
- Is the room air temperature comfortable throughout the building?
- Is the furniture in the lounge areas, dining room, and resident rooms clean to the touch?

What do you taste?

- How does the food taste?
- Is the food at the appropriate temperature?
- Does the adult day care center serve food from different cultures?

Helpful Tips

- **SHOP** for the adult day care center that meets the needs of your loved one - Visit various adult day care center more than once and at different times of the day.
- Talk to the clients and staff – What do they like about this adult day care center? What concerns do they have about the adult day care center?
- What services does the adult day care center provide? Does the adult day care provide transportation?
- Ask for a copy of the current monthly activity calendar
- Ask for a copy of the weekly menu – Are the food preferences of each resident honored? Is there an alternate food item available, if the resident does not want a food item listed on the menu?
- How much does it cost to attend the adult day care center? Are clients expected to pay a daily or monthly rate? Are clients expected to pay a daily or monthly rate? Does the adult day care center have a sliding scale fee schedule?
- What situations would necessitate the adult day care center to discontinue the client's adult day care attendance on a temporary or permanent basis?
- How does the adult day care center screen potential employees?
- Ask about in-service training for employees – What topics are discussed?
- Does the facility allow smoking? If so, where is the designated smoking area?
- Ask about the adult day care center's security system – Does the

adult day care center have secured outdoor areas or courtyards?
Are the exit doors locked? If so, what time are the doors locked?

- Ask about the adult day care center's disaster plans – fire, tornado, bomb threat, etc. If a disaster occurs that requires client relocation, where will the clients be taken?

CICOA Aging & In-Home Solutions
4755 Kingsway Drive, Suite 200
Indianapolis, IN 46205
317.254.5465