

ADULT DAY SERVICES

Adult Day Services (ADS) provide **daytime care, social engagement, and health support for older adults**, helping them maintain independence and **essential respite and peace of mind for caregivers**.



MEMORY
CARE

SOCIAL
CONNECTION

HEALTH
SUPPORT

CAREGIVER
RESPIRE

PERSON-
CENTERED
CARE

Misconceptions

“Some caregivers feel guilty about sending their loved ones to a ‘daycare’.”

MYTH: *“ADS is just daycare for old people.”*

TRUTH: Adult Day Services (ADS) focus on meaningful activities that support well-being, promote dignity through enriching experiences beyond traditional "daycare," and create opportunities for building friendships and peer connections among older adults with shared interests and abilities.

MYTH: *“Using ADS means I’m failing as a caregiver.”*

TRUTH: Seeking support shows strength, not failure. ADS helps caregivers care for themselves so they can continue providing the best care for their loved ones. It’s about creating a balance that benefits both people.

MYTH: *“ADS is only for people with severe limitations.”*

TRUTH: ADS provide customized care for older adults at all levels of function, from active and independent to those requiring more assistance, while offering preventative benefits by supporting physical and mental activity to help delay the progression of certain health conditions.

Financial Assistance Options

“A lot of times the concern is cost, even though they need the respite.”

PASSPORT
MEDICAID
WAIVER

LONG-TERM
CARE
INSURANCE

VETERANS
AFFAIRS
BENEFITS

MYCARE
OHIO
BENEFITS

PRIVATE
PAY

Determining an ADS Referral

Use the tool below to assess whether ADS aligns with your client's needs and preferences. If multiple items apply, ADS may be an option worth exploring with your client.

1. Social Engagement and Companionship

- Are they at risk for isolation or loneliness?
- Would they benefit from social activities and peer interactions?
- Do they need help fostering friendships or feeling connected?

2. Structured Routine and Purpose

- Do they thrive with a consistent daily routine?
- Are they prone to confusion without structure (e.g., dementia)?
- Would they enjoy participating in activities like art, music, or gardening?

3. Health Monitoring and Medical Support

- Do they need regular monitoring of medications or vital signs?
- Would they benefit from health screenings or wellness programs?
- Are there chronic conditions that require early detection of symptoms?

4. Physical Activity and Mobility Support

- Are they at risk for falls or mobility issues?
- Would they benefit from supervised exercise (e.g., stretching, chair yoga)?
- Do they need physical or occupational therapy to maintain independence?

5. Mental Stimulation and Cognitive Health

- Do they show signs of cognitive decline or memory loss?
- Would they benefit from memory-enhancing activities (e.g., puzzles, trivia)?
- Do they enjoy creative outlets like arts, crafts, or music therapy?

6. Respite for Family Caregivers

- Do their caregivers need a break to manage stress or avoid burnout?
- Do caregivers need time to maintain employment or other commitments?
- Would caregivers benefit from emotional support or support groups?

7. Nutritional Support

- Do they struggle with eating regularly or maintaining proper nutrition?
- Do they need assistance with feeding or special dietary requirements?
- Would monitoring of dietary needs (e.g., for diabetes) be helpful?

8. Safety and Security

- Are they at risk for wandering or getting lost?
- Do they need a supervised, safe environment to reduce fall risks?
- Would they benefit from having trained staff available for emergencies?

Full **ADS Referral Guide** and **ADS Directory** available at:

WWW.ADULTDAYOHIO.ORG.



“Adult Day is like a hidden gem; it’s the kind of support that families only discover by chance or when they’re in crisis.”

