



Dementia Care

How to Introduce Your Loved One to an Adult Day Program

- ✓ Refer to it as a “social club” vs. “day care”.
- ✓ Avoid talking about it ahead of time, as it may increase their apprehension.
- ✓ Keep the initial visits short (3-4 hours) to minimize any anxiety.
- ✓ Be on time for pick-up. It will reassure them that they will go home daily.
- ✓ Keep a routine (same days & time). It will make the visits smoother.
- ✓ Don't be discouraged about initial resistance. Give it time, they will love it.



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How to Address Initial Resistance

- ✔ Suggest they are 'volunteering' at a senior center. Everyone loves to help.
- ✔ Go shopping with them to buy a new outfit to wear at the 'club'.
- ✔ Pick up a favorite treat on the way to the center (Dunkin, McDonalds, Starbucks).
- ✔ Bring a photo album or personal item for them to show to their friends at the 'club'.
- ✔ Don't ask them if they want to go, rather ask them if they want to go at '9 am or 10 am'.
- ✔ Stay positive. Trust me, that they are having fun and you can use a break.

We are here to help!



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