

An Alternative – However Temporary – to Long Term Care

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When the aged and disabled begin descending that slippery slope of life, isolation may become dangerous for those of them living alone. The conventional response is to move that loved one to an assisted living or long term care facility. Some, however, may get along quite well living at home with the assistance of adult day care programs.

These programs are community-based and provide a safe option for those unable to live alone but who do not need a higher level of care. They fill an important role for that gap period between living at home and moving to a long term care facility.

Adult day care programs are therapeutic, often postponing or eliminating the need for long term care. Just as important, the centers provide much-needed respite for family care givers.

Included is a variety of recreational and social activities, allowing the participants to enjoy the support of their peers, provide personal care and assistance with activities of daily living, along with nutritional, health and social services. Some provide more intensive health and therapeutic services for those with severe medical problems and may even provide physical or occupational therapy. Other options often available include transportation, counseling, care giver support groups and education. Just talk to the staff, other participants and their families.

A good starting point from which to locate and evaluate adult day care providers is the database for adult and long term care facilities at www.canhr.org.