



Suggested ways to tell your loved one that he/she is coming to an adult day services program

1. **Fun, fellowship and good food!** Highlight the social aspects and downplay the care aspects of the center, which can be described as a social club or “like the senior center.” (Don’t use the term “adult day care.”) Studies prove that socialization will slow down or prevent some diseases, such as memory loss and dementia.
2. If your loved one responds to the doctor, talk about the **health aspects**. Explain that the nurse can monitor blood pressure or blood sugar, administer medication, etc. Say, “Do this until you get better.” By that time, the person will enjoy coming, and you probably won’t need to explain.
3. Explain that the **doctor has suggested** the use of the center. Ask the doctor to write an order on a prescription pad: “Have your blood pressure checked twice weekly by the nurse at Day Break.” If a question arises, say, “You don’t want to have pay those doctor’s fees twice a week.”
4. Discuss the **productive aspects** of the activities at the center. “There are people there who need your help.” Coming to volunteer to help others. This is especially good if the person has volunteered in the past. If the person hesitates, go in another room to call Day Break and ask for staff to call requesting the person to come.
5. Describe some of the activities that might be of interest. This is a chance to renew old interests or learn new ones, something that has proven to **improve brain functioning and prevent dementia**.
6. Say: **“Try it for just a month.”** We can almost guarantee that it won’t take a month to start enjoying days at Day Break.
7. Say: **“Do it for me** so that I won’t worry about you while I’m at work. I can’t do my job if I’m worried about you.”
8. Say: **“Do it for everyone.”** When family members get a break from each other, it helps the family get along better.
9. Say: “This is Tuesday; this is the day you go to Day Break.” **Don’t ask.**
10. Say: **“Go eat lunch with them,** and I’ll pick you up after lunch.”
11. Say: **“They are expecting you.** They already have your lunch and have you on their roll for today.” Most people are too polite to disappoint people who have prepared for them.

12. Sometimes a big objection is not coming to Day Break, but getting out of bed, so wait until the person is **“up and going”** before mentioning Day Break.

13. Try **honesty**. Explain that you don't like having to tell her what to do but that because of her illness (or declining well being), you must do what's best. “Because I love you, this is what you must do.”

14. Say in a kind but firm voice that this is not option. **Do not give a choice.**

15. Determine the **best time to discuss** the visit. Some people don't sleep the night before and work themselves into an agitated state, which does not make the day enjoyable.