

Own Your Future

Adult Day Services

Adult Day Services

Adult day services are community-based group programs designed to meet the needs of functionally and/or cognitively impaired adults through an individual plan of care.

These structured, comprehensive programs provide a variety of health, social and other related support services such as personal care and socialization in a protective setting. Adult day centers generally operate during normal business hours, five days a week. Some programs offer services in the evenings and on weekends.

Caregivers benefit from adult day services because they are able to use that time to manage other responsibilities in their lives, such as work, children and their own personal health.

Selecting an adult day center

In selecting an appropriate adult day center/service, you first need to determine the level of care your loved one requires. A doctor can help you make this assessment. Here is a list of things you may want to discuss with the doctor:

What level of care/types of services does my loved-one need?

- A safe, secure environment
- Social Activities
- Assistance with:
 - _ Eating
 - _ Walking
 - _ Toileting
 - _ Medicine
- Therapies:
 - _ Occupational
 - _ Physical
 - _ Speech
- Health monitoring:
 - _ Blood pressure
 - _ Food or liquid intake
 - _ Weight
- Special diet
- Exercise
- Mental stimulation
- Personal care:
 - _ Bathing
 - _ Shampooing
 - _ Shaving

Once you find a center that will meet your needs, visit the facility to determine if it is the best option for your loved one. The following checklist may be helpful on your visit.

Site Visit Checklist	Yes/No	Comments
How long has this center been serving the community		
Is the center licensed or certified?		
What are the hours and days of operation?		
Is the atmosphere pleasant? Clean? Free of unpleasant odors?		
Is transportation available?		
What is the cost---hourly or daily? Is financial assistance available?		
What type of special services are offered - memory loss, incontinence, limited mobility?		
What is the ratio of staff per participant?		
Is there an outdoor area or garden?		
Is the center, including the restroom, wheelchair accessible?		
Are chairs sturdy and comfortable?		
Do chairs recline?		
Is there a separate area for those who are ill?		
Is the building secure? Are there safeguards to prevent participants from wondering away?		
Does the building have smoke detectors, sprinkles and an emergency evacuation plan?		
Is there an up-to-date fire safety inspection?		
Is there a quiet place for conferences?		
Do you see cheerful faces on staff and participants?		
Does the center have an active volunteer program?		
Are activities age-appropriate?		
<i>Special Notes:</i>		

Check References

Talk to two or three people who have used the center you are considering. Ask for their opinion.

Try it Out

Most centers will allow you to visit for a trial run to see if this is a good fit.

Adult Day Services in Southwestern Ohio

Active Day

513-984-8000
1127 Towne Street
Cincinnati OH 45216

Active Day

513-598-2965
884 Bridgetown Road
Cincinnati, OH 45248

Active Day

513- 742-1576
2600 Civic Center Drive
Cincinnati, OH 45231

Active Day

513-805-4215
5109 Pleasant Avenue, Suite A
Fairfield, Ohio 45014

Active Day

513-469-2359
2860 Cooper Road
Evendale, OH 45241

Bayley Adult Day Program

513-347-5440
Community Wellness Center at
Bayley Place
401 Farrell Court
Cincinnati, OH 45233

[Clermont Senior Services](#)

513-724-1255
Lois Brown Dale Center
2085 James E. Sauls Sr. Dr.
Batavia, OH 45103

[Clinton County Adult Day Center](#)

937-382-2070
66 N Mulberry Street
Wilmington, OH 45177

[Community Adult Day Service](#)

513-523-0464
420 South Campus Avenue
Oxford, OH 45056

[Day Share](#)

513-451-1100
5915 Glenway Avenue
Cincinnati, OH 45238

Northwest Adult Services

513-742-6114
10870 Hamilton Avenue
Cincinnati Ohio 45231

[Otterbein Adult Day Services](#)

513-932-2020
585 N. State Route 741
Lebanon, OH 45036

Related Web sites and Resources

National Adult Day Services Association, Inc. (NADSA)

1135 Random Hills road, Suite 800
Fairfax, VA 22030
1-877-745-1440

[National Adult Day Services Association](#)