

## How to Get Someone to Attend Adult Daycare

Senior Day Centers are under-used resources in our community. These centers offer activities and care to those with mild to moderate symptoms. The cost is modest compared with in-home care, and it provides relief for family caregivers on the days that their loved one can attend.

But caregivers may find it hard to get their family member to attend. Here are some useful tips:

- **Convince yourself first.** Call for a tour to see what might interest your family member, and to discuss any obstacles you anticipate (for example “there are too many ‘old’ people who go there”). The staff at Adult Day Centers are experts at inducing reluctant people to attend and they can help manage newcomer anxiety.
- **Give a convincing reason.** Some people attend because they see the center as their ‘club’ or as their ‘class’. Some go for a particular activity or to be with a new friend. Some attend to help others, as a volunteer would. Ask the doctor and others to back you up.
- **Look for a hook.** Schedule your family member’s visit when there is an activity that they might enjoy eg music, crafts, exercise class or a discussion.
- **Take one step at a time.** The objective of the first short visit is simply to have the person agree to return for a day. Don’t push too hard, use a Try-It-And-See approach.
- **Be firm.** Initially, the person may enjoy going, but complain to you of being unhappy. Don’t argue. Next day just assume that you will return. Try saying “They are expecting you today, “ or “I want you to go for a little while,” or “let’s talk about that later”.
- **Get the right person** to take him or her, at least for the first few times. Choose someone who is successful at getting your family member to do things.