

# Adult Day Programs

When someone has difficulty with memory, thought processes or unpredictable behavior we often do not feel safe leaving them alone for an extended time. This means that we must either bring the person with us while we do what we must do....errands, shopping, doctor's appointments, get them a "sitter" or stay home with them.

There is another option. There are programs in southern Maine that offer respite care for these older adults. They provide a social outlet for the person, activities, a meal and exercise. The older person who has difficulty sleeping often sleeps better after a day at a program. Although some people may initially balk at going, most come to enjoy the time they spend there and look forward to seeing their new friends each time.

How should you proceed if you think this is something you want to explore? First, find which programs are convenient to you. Call and ask for a tour. Ask what the fees are and if there are any alternatives to paying privately. Some scholarships, state, VA or long term care insurance funding may be available. Find out if the scheduled days and times available meet your needs.

If you decide this is something you want to do, make a commitment to keep trying it for a few weeks. The initial reluctance a participant may have can be overcome by the fun they have when attending the program.

**Contact a Resource Specialist or Family Caregiver  
Specialist at Southern Maine Agency on Aging  
at 1-800-427-7411 with questions and to discuss your  
specific needs.**