



Starting a routine that includes adult day service can be challenging. Here are some suggested responses to help with the adjustment.

## **What to do when you hear...**

### **“I didn’t like it....”**

- Ask why, what didn’t you like about it?
- Say “It is necessary for treatment as the Doctor told us”
- Use reasons like
  - you can get therapy,
  - they need to monitor your medication for awhile
  - you can get help whenever you need it,
  - the program treats your memory and your body,
  - it is safer for you to be there while I am away
- Say “it’s not forever” Just do me a favor and try it for a month and we’ll talk about it then.
- You don’t have to like it. That tough love approach is necessary but hard.

### **“It’s not for me there are too many people there”**

- Say you don’t have to do what everyone else is doing
- Say you’ll speak to the manager there and make some other plan for the day
- Start to name some good things adult day services can do for your loved one like therapy, beauty shop, nails trimmed, exercises, music, entertainment, outing and trips, meet new people, and transportation.

### **“I am not like those people”**

- Agree...some of “those people” are worse off than you
- Say they do have more problems maybe they need your help
- Encourage involvement as a helper
  - Maybe there are “jobs” you can do at the Center
    - Setting the table
    - Folding the laundry
    - Reading or talking with the others
    - Share stories with others

### **“I am not going back there”**

Say things like:

- The doctor wants you to get stronger
- Going there will help you get your strength back
- All that exercise will help you to walk better
- Building your strength will help improve your balance and even keep you from falling
- It’s a place to get memory treatment
- It’s one more way to get better, just like taking medicine

### **“You are just trying to get rid of me”**

- Try not to feel guilty about your decision
- You are actually showing care even more
  - you want them to be safe
  - you are getting them treatment for their illness and want them to get better
- Remind them that you need to work for living
- You are helping them out and you need their help...going to the center makes it easier for you to get your work done.