

FREE GUIDE FROM BRIGHTENDAY

Adult Day Center Tour & Questions Checklist

What to look for and what to ask when you visit an adult day center - before you enroll your loved one.



Find the right adult day program for your loved one - and a real daytime break for you. Then get matched, free, with licensed or certified centers near you. You visit and choose.

Before you visit

- Confirm the center is licensed or certified in your state.
- Verify the license or certification yourself.
- Ask to visit during a normal, busy part of the day.
- Bring this checklist and take notes.

Look around as you tour

- Is it clean, bright, and safe, with no clutter or hazards?
- Do participants look engaged and cared for?
- Are staff warm, patient, and attentive?

- Is the space secure if it serves people with dementia?
- Are restrooms accessible and dignified?



Questions about the day

- 1 What does a typical day look like, hour by hour?
- 2 What activities do you offer, and how are they chosen?
- 3 What meals and snacks are served, and can you handle diets?
- 4 How do you handle a medical issue or an emergency?
- 5 How will you keep me updated about my loved one?

Questions about staff and safety

- What is the staff-to-participant ratio?
- What training do staff have, especially for dementia?
- Are background checks done on all staff?
- How is medication handled and recorded?
- Is transportation offered, and is it accessible?



Questions about cost

- What is the daily rate, and what does it include?
- Are there extra fees for transportation or care?
- Do you accept Medicaid waivers, the VA, or insurance?
- Is there a sliding scale or financial help?





Important

BrightenDay is a free matching and information service, not an adult day care center, health care provider, or licensed or certified care professional, and does not provide care or give medical, legal, or financial advice. This is not medical advice. Cost, hours, and schedule figures are typical ranges and examples, not quotes or guarantees; real cost, hours, eligibility, and services depend on the program, the level of care, your state, and any Medicaid or other benefits. Always choose a licensed or certified adult day center, verify its license or certification yourself, visit in person, and confirm services, cost, and safety in writing before enrolling. For a medical emergency, call your local emergency number.