

FREE GUIDE FROM BRIGHTENDAY

# Adult Day Program Type Guide

A simple guide to the three kinds of adult day programs - and how to tell which one fits.



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.

## The three kinds of programs

Program type	Best when...	What it adds
Social day program	Mostly independent, lonely	Company, activities, meals
Adult day health	Has real health needs	Nursing, therapy, monitoring
Dementia day care	Has memory loss	Secure setting, trained staff

### A social day program may fit if...

- Your loved one is mostly independent but isolated.
- They mainly need company, activity, and a safe day.
- There are no big medical needs during the day.



### Adult day health may fit if...

- They need nursing care, therapy, or health monitoring.
- They are recovering after a hospital stay.
- They need help with daily tasks and medication reminders.

### Dementia day care may fit if...

- They live with Alzheimer's or another dementia.
- They may wander and need a secure space.
- They do best with gentle, structured activities.



## How to decide

- 1 Write down what your loved one needs most during the day.
- 2 Match those needs to the table above.
- 3 Visit a center of that type and watch a real day.
- 4 Ask if they can flex as needs change over time.
- 5 Get matched, free, with centers of the right type near you.





## 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.