

## Top 10 Signs of Quality in a Good Adult Day Services Program

1. Friendly, helpful, respectful staff
2. Mission is to be a partner in caregiving with the family
3. Facility is inviting, clean, and homelike
4. Participants enjoy fun activities to keep them able, active, and alert
5. Activities include music, crafts, games, exercise, pet visits, holiday celebrations, discussions, children visits, reminiscing, field trips
6. For early stage dementia – brain stimulating activities, creative expressions and a chance to volunteer
7. Professional staff including nurse, recreation coordinator, social worker
8. Safety features include sufficient lighting, secure setting and falls prevention
9. Tasty, nutritious meals and snacks served under safe food handling practices
10. Well-trained staff in compliance and/or affiliation with standard-setting bodies like Area Agency on Aging, MADSA, and CARF.