



How do I know when it is time to enroll my mother or father into the Adult Day Care Center?

Is there a right time?

Deciding when to take this important step isn't easy. From my experience of working here for seven years, I've seen firsthand that starting sooner rather than later makes a world of difference. Early enrollment fosters much-needed familiarity and builds a comforting routine—two essentials that become even more critical as the disease progresses. While your loved one may feel hesitant or feel they're "not ready" for day care, even attending just once a week can plant the seeds of comfort and stability that will truly support them throughout their journey.

Adult Day Care is what you make it!

For example, we've seen many people who felt uncertain about joining the day care but discovered a sense of excitement and belonging by coming in as a 'volunteer'. We make their experience as volunteer like as possible, as they will still come enrolled as a participant but for them it is more easily accepted that they are coming to help. We celebrate this interest in staying active and engaged, so we go out of our way to create opportunities for them to step in and make a real difference. Whether it's arranging flowers, helping with craft projects, sharing their stories, or simply brightening the room with their presence, we encourage everyone to participate in meaningful ways that foster independence and dignity.

This 'volunteer-friendly' approach not only promotes connection and purpose, but also helps ease the transition for those who may be hesitant. As they take on these enjoyable roles, they often build friendships, enjoy a strong sense of community, and find themselves looking forward to each visit. Over time, many realize that what once felt intimidating now feels like home—filled with both purpose and companionship.