

## **Preparing your senior for Daycare**

Need help in preparing your loved one for senior daycare? Here are some tips!

### **1. It is NOT a daycare centre.**

While getting your loved one to attend a day programme might be reminiscent of preparing a toddler for his first day at childcare, refrain from using the term 'daycare centre'. In the same frame of reference, your senior might feel offended at being compared to a toddler.

At their club or class, there may be yoga, music, movies, art and crafts projects, plus snacks and meals – using snazzier terms like 'day club' or 'exercise class' might pique your senior's interest.

### **2. Fun, fun, fun!**

Perhaps he enjoys chess, or she enjoys karaoke. Find and focus on an activity offering at the day club aligned to your senior's interest, and pitch it to them.

### **3. Getting them to volunteer**

If your senior is able to volunteer and would find purpose in being able to contribute, let them know that 'they could really use your help at the club' – but do check in with the day club for suitable volunteer opportunities and arrangements first.

### **4. Get a professional to help**

If you just cannot seem to get your senior to attend a day club, you may wish to reach out to a third party for help. Your mother or father may go willingly if a doctor or a social worker offers the suggestion.

At Hua Mei EPICC, the social worker and nurse will always make a home visit to do an initial assessment and to encourage the senior to attend – after a period of adjustment, the senior is often always happy to come.

### **5. Avoid causing undue anxiety**

The prospect of any change in their daily routine might be daunting to some seniors, and like children not wanting to go to school, they might act up differently – not getting out of bed, complaining of a stomach ache, or even refusing to take breakfast or medication. It might be better not to bring up the matter of attending a day club, to your senior too early.

On the flipside, your senior might do well with enough time to prepare him/herself emotionally and mentally – do actively discuss well beforehand the prospect of attending a day club with them and hear their opinions out.

### **6. Start short.**

If it is your senior's first day at the day club, don't ask him/her to stay too long, but make it short and easy.

Arrange with the day club to allow your senior to come for fewer days a week at the start, to allow your senior to adjust at his/her own pace. After your senior is more comfortable, you can work up to more hours and more attendance days over time.

If a day programme is a positive experience for your loved one, be upbeat and positive and encourage him or her to attend.

### **7. Complaints – expect some**

Give your loved one time to adjust at the day club, but expect some complaints too! They might complain about many things – the food not being to their liking, the music being too loud or that

there are too many old people there – to which you could reply ‘they sure could use someone younger like yourself!’

It often takes several visits over a month or two before they start to feel comfortable in the day club and its routine. Be patient during the adjustment period – your loved one might even require your presence at the day club with them to help them ease in; you would be their one familiar comfort in a new and unfamiliar environment. Be prepared to do that.

### **8. (Re)Consider...**

If your loved one cannot seem to get adjusted to a day programme, perhaps he/she is not in the right place. Continue to be patient. Withdraw your senior from the day programme, and wait a month or two and try again – consider a different day programme, or even another care alternative.

### **References:**

[https://www.nextavenue.org/how-to-convince-a-parent-to-attend-an-adult-day-center/?\\_\\_cf\\_chl\\_captcha\\_tk\\_\\_=f1287bdc99e553e5b7aa640f9e810d641c6d34b9-1615183649-0-AXn6CIY2mEF4NmI9DpO7BF-O0DfqvZ6GF87ECXKf6ggOxH5nB6gLUWIOkk5spZGE-ICkfZ2zHIYn78cu6Qmpi-AKZOxPXsZTo3Caue10IM\\_ejDTP-Ffk0eNm6tSuK2CNXHJF9qzoTk9syMv6bcbDpXdDwAcBSEtiCyy3P9ij4kNO7RE8ZFF9CFtFIIZklfBMFgrsLboTXII3I3no5INZ6WsoqCGoSo-X6krfsuUSTISZ-7mYmM-Md9fiKo8WZnOM45Pf9IC15IXI3zEicQrIqJf842wKplc9rZcr-7mGjW7IjNz4shbHvp-4ft0PqLPRjCXJ0H7d3po6OGRV5VMR4M-djFvn6WnhKyaMz04rcB2c94eB3iyI6za2P8IQF6uzzDLHh6qX-J8wtswHPEJGosClxSo\\_VC6jptmqrlxTcxAn6Mz2P4-IRxmcwNohIQb-CConrGg2KHK2EhSOkgXj2llsBF9mCH7ohv\\_NDyXBIVyaQf2VOF950kRk24\\_0I26NIWKHIG7I4Bgssa5PLvb\\_QtzI87b4li0F2I52ofz6XBIVvBvhYCzH2ZT6a4HGX3XocxvO2h9bljr\\_cdrc4NoUUenFDbb\\_qMhidOqSWDImG](https://www.nextavenue.org/how-to-convince-a-parent-to-attend-an-adult-day-center/?__cf_chl_captcha_tk__=f1287bdc99e553e5b7aa640f9e810d641c6d34b9-1615183649-0-AXn6CIY2mEF4NmI9DpO7BF-O0DfqvZ6GF87ECXKf6ggOxH5nB6gLUWIOkk5spZGE-ICkfZ2zHIYn78cu6Qmpi-AKZOxPXsZTo3Caue10IM_ejDTP-Ffk0eNm6tSuK2CNXHJF9qzoTk9syMv6bcbDpXdDwAcBSEtiCyy3P9ij4kNO7RE8ZFF9CFtFIIZklfBMFgrsLboTXII3I3no5INZ6WsoqCGoSo-X6krfsuUSTISZ-7mYmM-Md9fiKo8WZnOM45Pf9IC15IXI3zEicQrIqJf842wKplc9rZcr-7mGjW7IjNz4shbHvp-4ft0PqLPRjCXJ0H7d3po6OGRV5VMR4M-djFvn6WnhKyaMz04rcB2c94eB3iyI6za2P8IQF6uzzDLHh6qX-J8wtswHPEJGosClxSo_VC6jptmqrlxTcxAn6Mz2P4-IRxmcwNohIQb-CConrGg2KHK2EhSOkgXj2llsBF9mCH7ohv_NDyXBIVyaQf2VOF950kRk24_0I26NIWKHIG7I4Bgssa5PLvb_QtzI87b4li0F2I52ofz6XBIVvBvhYCzH2ZT6a4HGX3XocxvO2h9bljr_cdrc4NoUUenFDbb_qMhidOqSWDImG)