

5. If the person with dementia tends to become anxious, aggressive or refuse to attend, don't discuss the visit in advance. Instead mention it to them as you are getting ready to leave or as the volunteer driver is pulling into the driveway, remembering not to rush them.

- **“It is time to go to meet your friends at the Centre now.”**
- **“Your driver is here.”**

6. Explain that the doctor has suggested that they attend the program. Ask your doctor to write an order or prescription on letterhead and keep this copy available to show the individual as needed. Don't have the prescription dated. Photocopy and have many copies available in the home. *Look at the prescription together for a visual cue.*

- **“You can discuss this with the doctor when you see him next time.”**
- **“You should attend today because the doctor has prescribed it for you.”**

7. Leave pictures or projects they have done at the program out lying around the home where they may see them and become interested about where they were in the photo or where they made it. This will reinforce they had a good time while there.

- Initiate conversation highlighting the positive things they enjoy at the program.

8. Empower the person with dementia to maintain independence by calling and confirming their attendance with the program. Have this strategy already planned out with the Program staff. Call during business hours, to ensure that someone is there to talk to your loved one.

- **“Here is their phone number. Ask if they are expecting you today.”**
- **“Ask them what time you need to be there by.”**

*Used with permission from the Alzheimer Society Guelph-Wellington and St. Joseph's Outreach Services who adapted this pamphlet from an original document developed by the Kitchener-Waterloo Alzheimer Society*



## ENCOURAGING YOUR LOVED ONE TO ATTEND A DAY PROGRAM

**Alzheimer Society of  
Guelph—Wellington  
(519)836-7672**

**St. Joseph's Outreach  
Services  
519-824-6000**

*Do you have difficulty getting someone with Alzheimer disease or a related dementia to attend an Adult Day Program?*

*The following suggestions are communication guidelines that may assist you during difficult situations like motivating your loved one to get ready or to take arranged transportation to the program.*

*Caregiving can be a very difficult job, but all caregivers need the opportunity for respite. If the following guidelines do not work for you, try adapting them to your loved ones abilities and interests.*

*If you require further assistance with your loved one speak to the Program staff or call the Alzheimer Society office at 519-836-7672.*

1. Highlight the social aspects: *Fun, Fellowship and Good Food*. Describe it as a social club. Substituting in Seniors Centre instead of Day Program gives a more positive association to the Program.
  - **“Your friends are waiting for you to come and help them out today.”**
  - **“There is a lunch club meeting today at the Seniors Program.”**
  - **“They are expecting you.”**
2. Explain to them that they are attending a meeting, it’s time for them to go to volunteer or to work.
  - **“The Centre has sent a driver to come to take you to work.”**
  - **“The participants are waiting for you to arrive to give them direction for the day. We better get going.”**
3. Describe some activities that are of interest to them. It’s an opportunity to re-visit past interests. For example: Play cards, listen to music, garden, bake, reminisce about the past, or play a certain game.
  - **“The place you are going to is the place where you (pick the activity) every (however many days he or she attends).”**
  - **“This is your chance to participate in (pick the activity) that you always want to do.”**
  - **“Others are waiting for you to arrive so that they can start (pick the activity).”**
4. Suggest a trial period. Encourage them to try the program for just one week, or a couple visits.
  - **“Try this outing today, I really think you will enjoy yourself once you are there.”**
  - **“It won’t cost you anything to go today so, why not try it out.”**