

## Care for the Caregiver

More than 65 million people (over 29% of the U.S. population) provide care for a chronically ill, disabled or aging loved one during any given year and spend an average of 20 hours per week providing care for this person.<sup>1</sup>

Caregiving is a demanding task, and it's easy to neglect your own health and well-being while trying to meet your loved one's needs. It is important that you have time away from your caregiving responsibilities to relieve stress and take care of yourself. This may seem impossible to many, but fortunately we can help.

Our adult day/night and respite services provide time off for family members who care for someone who is ill, injured or frail. Whether for a day, a week, or as long as you need us, we'll provide your loved one with quality, compassionate care while giving you a much-needed break from the daily responsibilities of caregiving.

You can:

- Renew your energy
- Attend to appointments, errands or other needs
- Handle holiday obligations and planning
- Take a vacation or weekend getaway

<sup>1</sup> *Caregiving in the United States; National Alliance for Caregiving in collaboration with AARP; November 2009*

<sup>2</sup> *MetLife National Study of Adult Day Services; MetLife Mature Market Institute; October 2010*



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A Trilogy Health Services Community

*For more information or to schedule a tour of our beautiful campus, please contact us today.*



## Adult Day/Night & Respite Services

The right care, in the right place,  
for the right amount of time.



## Ashford Place Health Campus

## Adult Day/Night Services

Our adult day/night services offer a structured program of activities, health monitoring, and socialization for adults who have physical or cognitive challenges, and/or who may require supervision or assistance with personal care or other daily living activities. Adult day services can also benefit family caregivers by enabling them to maintain their work schedule or to receive needed respite, and by providing them with direct services such as support groups and educational programs.

A recent study by MetLife Mature Market Institute found that more than 260,000 individuals nationwide currently utilize adult day services, a 63% increase since 2002. Over two-thirds of adult day service recipients are age 65 or older, and over half are female.<sup>2</sup>

As a part of our commitment to our communities and to those we serve, our campus offers adult day/night services, as well as respite care.

### *Who can benefit from adult day care?*

- Seniors who need more structure to their days than can be provided by local senior centers
- Seniors suffering from social isolation
- Caregivers and/or family members who need a break from providing 24-hour care, or who are unable to provide care 24 hours a day due to work schedules and other responsibilities
- Seniors who want to remain at home, but need supervision while caregivers are away at work

### *Our Adult Day/Night Program Benefits Include:*

**Flexible hours** – assistance is available when you need it, whether just for a few hours or 7 days a week. We can also provide adult night care services during the evening hours, based on availability.

**No minimum stay** – your loved one may stay for as little or long as needed (up to 10 hours per day).

**Special services for those with memory challenges** – our adult day caregivers receive special training and thoroughly understand the needs of those living with memory loss.

**Respite care** is offered to seniors who would like to stay with us for consecutive days and nights, from 1-30 days. Respite care, like adult day health services, allows the caregiver the opportunity to have some time for him/herself. Whether you are planning a vacation, or simply need a break from caregiving, you can rest assured that your loved one will receive the care he or she needs at our health campus.

### **Admission Requirements for Respite Care:**

- Physician orders
- Recent history and physical
- Chest X-ray within last 6 months

### **Adult Day and Respite Services Provided:**

- Medication administration/reminders\*
- Assistance with bathing
- Onsite hair salon/barber
- Activities and socialization
- Podiatry, dental, and optometry available at select times

*\* Services provided in accordance with state regulations*

## Ten Symptoms of Caregiver Stress

1. Denial about a certain diagnosis and its effect on the person who has been diagnosed
2. Anger at the person for whom you care; anger that no one understands what is going on
3. Social withdrawal from friends and/or activities that once brought pleasure
4. Anxiety about facing what the future holds
5. Depression begins to affect the ability to cope
6. Exhaustion makes it nearly impossible to complete necessary daily tasks
7. Sleeplessness caused by a never-ending list of concerns
8. Irritability leads to moodiness and triggers negative responses and reactions
9. Lack of concentration makes it difficult to perform familiar tasks
10. Health problems begin to take their toll, both mentally and physically

If an individual is experiencing two or more of these symptoms, it may be time to consult a physician or mental health professional.

