

Adult Day Center at Somerset Hills

Your Partner in Caregiving

BENEFITS OF ADULT DAY SERVICES

FOR THE CAREGIVER

Respite for a caregiver providing ongoing care of an individual with physical and/or cognitive challenges is essential. Caregivers need to care for themselves! Many have full time jobs or family responsibilities and are in need of a physical and mental break from the responsibility of 24/7 caregiving. Adult day services can provide that opportunity.

AARP, well known for supporting the needs of family caregivers, has promoted the benefits of adult day centers. "Using adult day services just twice a week can reap surprising psychological and physical benefits for family caregivers."*

Additional benefits may include reassurance that a loved one is safe and enjoying the company of others, caregiver support groups, and information about other available resources.

FOR THE MEMBER (needing socialization, cognitive stimulation and supervision)

- Improved quality of life – interacting with one's cohorts and socializing is extremely important
- Sense of purpose – gives them a sense of accomplishment, makes them feel valued
- Loneliness alleviated – spending day after day alone at home can leave an elderly loved one at risk of developing depression, or increasing it.
- Mental stimulation
- Help in delaying the need for assisted living/nursing home – helps one live longer in one's home
- May have better night's sleep after an active day
- Supervision – whether they are roamers or at risk of falls
- Nutrition, health monitoring and personal care

**AARP, March 25, 2014, article on ADC Benefits Caregivers

For more information:



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