

The Role of ADULT DAY SERVICES in Caregiving

According to a 2007 report by the National Center on Caregiving and Family Caregiver Alliance: Oklahoma has 370,000 family caregivers providing more than 400 million hours of care each year. Most family caregivers perform a daily juggling act as they balance their caregiving responsibilities with working, running a household, caring for their immediate families, plus taking care of their own personal needs.

As more families find themselves caring for an older loved one, whether it be a spouse, parent, or other relative, many are discovering the important role that adult day services can play in helping them manage their caregiving responsibilities.

Adult day programs provide a coordinated program of professional and compassionate services for adults in a community-based group setting. Services are designed to provide social and some health services to adults who need supervised care in a safe place outside the home during the day. They also offer caregivers respite from the demanding responsibilities of caregiving. Participants may be survivors of stroke or heart attack, have memory loss or Alzheimer's disease, or have chronic conditions such as diabetes. Some are frail due to repeated falls or advanced age. Some centers offer specialized Alzheimer's/dementia care, assisted showers, hair care and therapies/restorative care.



LIFE Senior Services

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With the peace of mind that comes from knowing that their loved one is getting the care and attention they need, caregivers are able to continue working, enjoy a well-deserved break, or even just take care of personal matters without worry and guilt.

Participants enjoy lively conversations, exercise and fitness activities, painting and crafts, and music and games with their friends in a safe and stimulating daytime home-away-from-home. The socialization and meaningful activities give many participants a new lease on life and something to look forward to each day.

Adult day programs are also an affordable alternative to in-home care, enabling families to access

a full range of services for a fraction of the cost. Additionally, many centers offer financial assistance through various private and government programs.

Look at the listings for Adult Day Services in LIFE's *Vintage Guide* and visit a center near you.

“ My husband has Alzheimer’s disease and, before he started going to Adult Day Services, I was tired all the time. He seemed to get bored and nap too much during the day, and then he was up and down all night long, so neither of us got much sleep. Now, we both get a good night’s sleep after he has an active day at the center. It’s amazing how much better I’m able to handle things now that I am getting more rest. ”

10 SIGNS

That the Time is Right for Adult Day Services

Adult Day Services is often the vital resource that makes it possible for families to continue caring for older loved ones. The checklist below will help you determine if Adult Day Services might be beneficial for both you and your loved one. For information about programs near you, please refer to the Adult Day Services section that begins on page 114.

Y	N	
		Dad’s health or physical problems are keeping him from enjoying life.
		Mom’s becoming so isolated. She doesn’t get out much and rarely spends time with friends anymore.
		My wife is forgetting things more and more often.
		My husband needs extra help to regain abilities he lost because of a stroke.
		Dad doesn’t seem to be eating right or taking his medication properly.

Y	N	
		Mom used to be so particular about her appearance. Now she just doesn’t care anymore.
		My husband spends his days watching TV and napping. Then he doesn’t sleep well at night.
		We promised we’d always take care of each other, but it’s getting harder and harder to keep that promise.
		I worry about Mother when I’m at work and she’s home alone.
		Helping is wearing me out and I don’t know where to turn for help.

