

6 REASONS TO SAY *Yes* TO ADULT DAY SERVICES



Being a caregiver to a senior loved one while maintaining a career and relationships can be both physically and emotionally challenging. Perhaps you need to work, attend your grandchild's school play, or keep a medical appointment. But who can look after your senior loved one, to keep them safe and comfortable while you do all of those important tasks?

Adult day services offer the same great services that our residents are provided in our memory care communities, but can be selected for as little as an hour per day. Here are six ways adult day services can help:

1. ADULT DAY SERVICES PROVIDE SAFETY, SECURITY, AND SPECIALIZED STAFFING.

Staff are equipped with communication skills and training specific to Alzheimer's and other forms of dementia. We provide personal care like bathing and dressing using a considerate approach to each individual's unique needs to ensure that they're comfortable.

Edgewood's knowledgeable staff can manage your loved one's medications, keep them secure, and they have access to RN support at all times of the day.

2. ADULT DAY SERVICES ARE SOCIALLY AND PHYSICALLY ENGAGING.

Through a variety of group games and exercises, our life enrichment staff works to keep seniors socially connected. Day services offer life stations, music, and artwork activities to spark joy and inspire fond memories.

Light range-of-motion and stretching exercises are led by staff to encourage strength maintenance, balance, and movement.

3. ADULT DAY SERVICES SUPPORT HEALTHY NUTRITION.

Meals and snacks are not only provided but they're also presented in a way that is easy for seniors to eat with independence. Our accommodating staff will help by offering nutritious meals and snacks, while also encouraging your loved one to stay hydrated.



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4. ADULT DAY SERVICES ARE AFFORDABLE.

Day services are an excellent way to meet your loved one's needs without breaking the bank. Rates for day services range from \$15-\$25/hour, depending on each person's care needs.

5. ADULT DAY SERVICES PROVIDE CAREGIVER SUPPORT.

Caregivers need breaks and self-care too. If providing care is impacting your health or increasing your stress level, even a short break can do wonders to maintain your ability to continue caring for your loved one.

Day service options vary in each community, but they can be selected hourly, daily, or several times per week to allow for caregiver breaks.

6. ADULT DAY SERVICES CAN HELP SENIORS REMAIN INDEPENDENT.

Utilizing a day or two per week of day services is a great way for your senior loved one to continue living at home while also introducing them to some of the special features memory care has to offer.

Seniors who enjoy day services are also welcome to try short-term stays in our memory care communities. Short-term stays can be for a full 24 hours or longer if needed.

Both adult day services and short-term stays in our memory care communities allow support in a setting you can trust. Whether your loved one enjoys day services for an hour or two, or comes several days per week, see what will work best for them by reaching out to us today!



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