

## • Benefits of Adult Day Services Facilities

Have you thought about adult day care for your loved ones? Adult day care can be the perfect way for your loved ones to receive the care, supervision and social interaction they need while you get the time you need to work or meet other family obligations. If you're on the fence about putting your loved ones in adult day care, consider these benefits:

### A Sense of Purpose

One of the things that older people miss the most once they retire or become ill is a sense of purpose, a reason to get up in the morning. Spending day after day at home alone waiting for family or friends to come by can become isolating and can leave your loved one at risk of developing depression. Enrolling your loved one in senior day care can restore a sense of purpose to their lives and give them a reason to be excited about getting up every day.



*Community Involvement*

### Providing Supervision

Many seniors are capable of staying in their own homes longer if they have periods of supervision — it's being alone 24 hours a day that makes them more likely to have an accident in the home. Getting out of the house and being in a supervised setting with other seniors gives seniors a chance to remain independent longer.



*How About Those Blackhawks? They Are On Fire!*

## Nutrition

Adult Day Care also benefits an individual's nutrition. Many seniors end up not cooking nutritious meals for themselves because they don't want to eat alone, or they don't want to make a full meal just for themselves. Sometimes they don't feel confident using the stove or cooking with heavy pots and pans. When your loved ones are attending adult day care, you can be confident that they are getting at least one nutritious meal each day and eating in the company of others.



## Caring for the Caregiver

The time spent at an adult day services facility provides respite for you — the caregiver. Don't feel bad about needing time for yourself. You can't be the only support for your elderly loved ones, especially if you have a job or a family of your own. It's ok to say that you need time for yourself. Senior day care can give you the freedom to work all day without having to worry about whether or not your elderly loved ones are safe. Senior day care also gives you the freedom to take care of any errands or other family obligations. Or, you can take a spa day to restore your own mental and physical health. Taking care of yourself is of the utmost importance to be at your best for your loved one.

## Mental Stimulation

Seniors need mental stimulation and often they don't get enough. Activities, crafts, trips, and just being around other people can help your loved ones exercise their mental muscles so they will stay sharp and alert for longer periods of time. Studies have shown that seniors who don't receive enough social interaction lose their mental faculties at a much faster rate than seniors who have strong social ties and get out of the house for activities and social occasions on a regular basis.



*“We know how you feel about leaving your frail or disabled loved one home alone. Other families felt the same way. Once their loved one became a Member at Naperville Senior Center Adult Day Services, they found it was the right choice.”*

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