

# *The Benefits of Adult Day Care & Respite Services*

If you are caring for an aging loved one, there are a number of care options out there to help you in your role as caregiver. Adult Day Care or Respite stays can be perfect options for both you and your loved one, as these services offer you the time to take care of other obligations, while ensuring that your loved one's needs are also met.

If you are considering using our Adult Day Care or Respite Services, rest assured that your loved one will enjoy the best of care. The care and supervision offered at our campus will allow your loved one to remain somewhat independent without increasing the likelihood of them having an accident. The staff at our campus also understands the struggles and needs of seniors and are here to supply the assistance and support they need.

As senior care providers, we know that one of the things 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. Adult Day Care and Respite Services at a Trilogy campus provide activities and social interaction that will restore a sense of purpose to your loved one's life. Studies have shown that seniors who don't get 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 regularly.

Utilizin these services can also benefit a loved one's nutrition. Many seniors cook less nutritious meals for themselves because they don't want to eat alone or don't see the point in making a full meal just for themselves. Some do not feel confident using the stove or cooking with heavy pots and pans. When your loved one is at our campus, you can be confident that they are getting three nutritious meals each day.

As a caregiver, you should never feel bad about needing time for yourself. You can't be the only support for your elderly loved one, especially if you have a job or a family at home who needs you. It's okay to say that you need time for yourself. Adult Day Care and Respite Services can give you the freedom to go to work without having to worry about whether or not your loved one is okay.

Consider reaching out to a campus near you if you believe you and your loved one could benefit from Adult Day Care or a Respite stay. Taking time once in a while to restore your own mental and physical health will ultimately making you a better caregiver for your loved one.

*Adult Day Care is available for seniors who wish to stay with us for up to 10 hours each day. Respite Services are available for those who will be staying consecutive days and nights at our campus.*

