



# COMMUNITY SERVICES of Northern Kentucky

Adult Day & Respite Services

## **CAREGIVER TIP SHEET**

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### **“10 Ways to Tell Your Loved One” about Adult Day Services**

- 1** Fun, fellowship, and good food!! Highlight the social aspects and downplay the care aspects of the center. The center can be described as a social club.
- 2** Discuss the productive aspects of the activities at the center. Explain that she/he may be there to attend a meeting or to volunteer to help others.
- 3** Describe some of the activities that might be of interest to her/him, and explain that this is an opportunity to rediscover old interests as well as discover new interests.
- 4** Encourage her/him to just try it for a week or so.
- 5** Ask her/him to do it for you, because you love her/him. She/he will be safe, and you can go to work and not worry.
- 6** Ask her/him to do it for the whole family. It gives everyone a break from each other, and helps the family get along better.
- 7** Talk over the health aspects that will enhance her/his physical wellness. Explain that the nurse can monitor blood pressure, check blood sugar, administer medication, or do special “therapy,” such as range of motion to improve strength.
- 8** Explain that the doctor has suggested the use of the center, and ask the doctor to write an order or prescription for the program.
- 9** Explain that this is something that she/he must do. Do not give her/him a choice. If necessary, go with her/him so she/he will not feel alone or abandoned.
- 10** Don't!! If your loved one is highly anxious, do not discuss the visit in advance. The orientation and explanation can take place at the center.

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Serving your community since 1923 – Providing Medical Model Adult Day Care and Respite

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