

Is Daytime Elder Care Right for You and Your Loved Ones?

Complete this checklist to help determine if you and your loved one can benefit from the services of “Day Break” at the Sheridan Senior Center.

Are you increasingly worried about the health and safety of an elderly loved one who:

- | | | |
|---|-----|----|
| 1. Needs regular health check-ups and may need help with taking prescribed medications? | Yes | No |
| 2. Can no longer be alone at home completely safely? | Yes | No |
| 3. Needs assistance with aspects of personal care (eating, bathing, or dressing)? | Yes | No |
| 4. Is becoming confused or forgetful? | Yes | No |
| 5. Has any stage of dementia, Alzheimer’s disease or memory loss? | Yes | No |
| 6. Is increasingly dependent on you, your time, and your energy? | Yes | No |

If you said “yes” to any of these questions, your loved one may benefit from professional daytime care in the safe, supportive environment of Day Break.

Are you increasingly worried about the isolation or inactivity of a family member who:

- | | | |
|--|-----|----|
| 1. Has lost interest in hobbies or trying something new? | Yes | No |
| 2. Does not socialize or stay in touch with friends? | Yes | No |
| 3. Needs something to do with his or her time? | Yes | No |
| 4. Isn’t eating well unless you plan for or prepare meals? | Yes | No |
| 5. Is alone a lot, and doesn’t get out of the house much? | Yes | No |
| 6. Is losing physical strength, in part due to lack of exercise? | Yes | No |

If you said “yes” to any of these questions, you or your family member may meet new friends and make every day full of life at Day Break.

Are you providing care for — or worrying about — an elderly family member? If so:

- | | | |
|---|-----|----|
| 1. Are you neglecting your own health? | Yes | No |
| 2. Do you often have outstanding errands on your “to do list?” | Yes | No |
| 3. Are you working or want to find a job? | Yes | No |
| 4. Do you feel overwhelmed, or like you’re falling behind? | Yes | No |
| 5. Have you cut back on your own personal interests? | Yes | No |
| 6. Do you keep postponing your visits with friends and family, or the class you have been thinking about? | Yes | No |
| 7. Would rest from full-time care help you to be an even better caregiver? | Yes | No |

If you said “yes” to any of these questions, Day Break can share the caring so that you can be at your best.

Do something wonderful. Call today.