

Are Adult Day Services Right for You?

- ✓ Complete this checklist to help determine if you and your loved one can benefit from the services of the Main Line Adult Day Center.

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

- Needs regular health check-ups and cannot take prescribed medications without supervision?
- Can no longer be alone at home safely (e.g., wanders)?
- Requires assistance with personal care, such as eating, bathing, or dressing?
- Is more and more confused or forgetful?
- Has Alzheimer's disease or memory loss?
- Is becoming increasingly dependent on your time and energy?

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

- Has lost interest in hobbies or trying something new?
- Does not socialize or stay in touch with friends?
- Needs something to do with his or her time?
- Isn't eating well unless you plan for or prepare meals?
- Is alone a lot, and doesn't get out of the house much?
- Is losing physical strength, in part due to lack of exercise?

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

- Are you neglecting your own health?
- Do you have outstanding errands on your "to do list?"
- Are you working or want to find a job?
- Do you feel overwhelmed, or like you're falling behind?
- Have you cut back on your own personal interests?
- Do you keep postponing your visits with friends and family, or the class you have been thinking about?

- ✓ If you said "yes" to any of these questions, Main Line Adult Day Center can "share the caring" so that you can be at your best.

Do Something Wonderful. Call Main Line Adult Day Center Today!

610-527-4220