



## Asking for help

For many family caregivers, it can be difficult to admit that it's time to get extra help caring for your loved one. The issues can become even more complicated when elderly loved ones, who have been used to living their whole lives independently, are opposed to getting outside help or allowing strangers to help them with daily tasks.

LIFE Geisinger's adult day care service can be a tremendous help to everyone involved. And the best time to explore adult day care as an option is before it's needed.

The best way to find out if LIFE Geisinger adult day care is the right fit for you and your family is to call or visit one of our facilities.



## Adult day care

To schedule a tour or for more information, call the location nearest you.

2300 Adams Ave.  
Scranton, PA 18509  
**570-558-6160**

1100 Spruce St., Suite 100  
Kulpmont, PA 17834  
**570-373-2100**

25 Church St.  
Wilkes-Barre, PA 18765  
**570-808-8896**

For the hearing impaired, call **570-271-8084**.



[LifeGeisinger.org](http://LifeGeisinger.org)



## What is adult day care?

Caregiving for a loved one can be rewarding — and exhausting. And what if you need to go to work, attend an appointment or simply take time for yourself? Our adult day care service is the perfect answer.

Adult day services are coordinated programs of professional services for adults age 60 and older in a community-based group setting. Services are designed to provide social and some health services to adults who need supervised care in a safe place outside of the home during the day.

### Services include:

- Nursing services
- Social services
- Socialization and activities
- Specialized care for dementia and Alzheimer's patients
- Security measures against wandering
- On-site medical staff
- Assistance with daily personal care and hygiene
- Medication management
- Meals and diet management
- Transportation to and from the facility (additional costs may apply)



## Who is an ideal candidate for adult day care?

### Seniors who feel isolated

Our adult day care service is a great way for seniors to meet up with friends and socialize, rather than being home alone waiting for caregivers to return from work or school. Many of our participants are reluctant at first, but after a few weeks of coming to our program, they establish friendships and a routine that provides a much better quality of life than being home alone.

### Seniors who feel depressed

Feelings of isolation can lead to depression. Eventually, long-term depression can be associated with other health complications. Routinely scheduled activity, even as little as two or three times a week, can give participants something to look forward to and help keep them from suffering from depression.

### Seniors who need help with medications and meals

It's common for older adults to forget to take medications or to take additional doses of a medicine because they don't remember taking it the first time. Either way, the consequences of improperly taking medications can be very serious — even life-threatening. Our program can provide medication management, making sure our participants take the right medications at the right times.

Our centers serve hot meals and snacks to our participants. For seniors who are unable to cook for themselves, our adult day care helps them meet their nutritional requirements. We even have a dietitian on staff who can offer further nutritional guidance to participants.



### Seniors with Alzheimer's and other medical complications

It isn't safe for Alzheimer's patients to be left alone. Our centers can help care for these patients during the day. Many families are not comfortable with nursing home accommodations or cannot afford 24-hour care. Day care services allow family caregivers to keep their jobs and have their loved ones at home with them in the evenings.

### Seniors who have family caregivers that need help

Being a full-time caregiver is a difficult job. LIFE Geisinger adult day care centers give them a much-deserved break and an opportunity to meet life's other demands. For many families, family caregiving wouldn't be an option without the help of an adult day center.