

# Are Adult Day Services Right for You and Your Loved One?

Complete this checklist to help determine if you and your loved one can benefit from the services of Adult Day or Respite from The Bill and Betsy Scheben Care Center (formerly Community Services of Northern Kentucky)

## Are you increasingly worried about the health and safety of a loved one who:

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

**If you said "yes" to any of these questions, your loved one will benefit from quality care in the safe, supportive environment at Community Services.**

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

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

**If you said "yes" to any of these questions, your family member can meet new friends and make every day full of life at The Scheben Care Center**

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

- Are you neglecting your own health?  Yes  No
- Do you have outstanding errands on your "to do list?"  Yes  No
- Are you working or want to find a job?  Yes  No
- Do you feel overwhelmed, or like you're falling behind?  Yes  No
- Have you cut back on your own personal interests?  Yes  No
- Do you keep postponing your visits with friends and family, or the class you have been thinking about?  Yes  No
- 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, The Scheben Care Center can share the caring so that you can be at your best.**

# The Scheben Care Center Is Your Partner in Providing Quality

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- ◆ See **friendships grow** through carefully structured activities that **promote a sense of belonging**.
- ◆ Learn how **physical wellness** is improved with a daily exercise program designed to enhance mobility and independence.
- ◆ Enjoy **peace of mind** knowing your family member receives **increased personal safety** with supervision in a protective environment.
- ◆ Meet our **dedicated, professional staff** who make personal care a top priority.
- ◆ **Continue to work**, or go back to work again.
- ◆ **Rest and relax** to help maintain your own health and strength, which your loved one depends on.
- ◆ **Revitalize yourself**, so that your loved one continues to benefit from the care that only you can provide.
- ◆ **Feel caught-up again**, less frustrated. You can take care of other business, household chores, or complete errands on your “to do list.”
- ◆ **Get to know the professionals on our staff**, our quality of care and our commitment.
- ◆ Enjoy the **convenient location and daily hours** of operation to meet your needs.
- ◆ Take advantage of our **safe and secure facility**.
- ◆ **Visit at your convenience** to see our facility and our program in action.

**Do something wonderful -  
Call The Scheben Care Center today.**



*Open Monday through Friday, 7:00 a.m. to 5:30 p.m.*

*Saturday (call for details), 9:00 a.m. to 4:30 p.m.*

*Located next to Furniture Fair - across from Half Price Books .*

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