

Dunwoody, GA 30338

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alzheimer's Ω association

Considering an adult day center

Adult day centers are designed to meet the needs of individuals living with Alzheimer's or other dementias and to support the person's strengths, abilities and independence. They offer opportunities to be social and to participate in activities in a safe environment. Adult day centers give caregivers a break from caregiving. While the person with dementia is at a center, the caregiver will have time to rest, run errands or finish other tasks. They are a low cost and reliable places offering piece of mind. We encourage you to set up an appointment and visit a center.

What are the benefits of adult day services?

An adult day service might delay or prevent your loved one from needing to move to a long-term residential care facility. The service's programs can encourage your loved one to spend time with others, and supervised activities might improve daily living skills. Even if your loved one has dementia, he or she might be able to enjoy music, simple activities and being surrounded by friends.



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Where can I find out more about adult day services? You can locate adult day services in your area by using the Administration on Aging's Eldercare Locator website.