



of **CENTRAL TEXAS**

Aging Answers

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The Win-Win of Adult Day Centers

Adult day health centers seem to be one of the best kept secrets around because very few people know about them and their benefits are two fold – it is a true win-win situation. We are here to let the cat out of the bag and bring to light the benefits of adult day centers for both the caregiver and the participant. Adult day centers offer engagement and a community for older adults with dementia (and varying other diagnosis) while at the same time providing respite for their care partners during the day so they can work, get errands done, attend doctor’s appointments, or just rest.

How Can Adult Day Centers Help Caregiver Burnout?

Caregiver burnout is very real and very serious. More than 41 million Americans have provided un-paid care in the last 12 months and 40% - 70% of family caregivers report clinical symptoms of de-pression and 23% report that caregiving has negatively impacted their physical health. These statistics are staggering and show just how important it is to have a support system and respite time.

Day centers provide a safe place for the participant and provide different types of engagement which gives the caregiver time to take care of themselves without having to worry about their loved one. Not to mention day centers are often considerably more cost effective than in-home care and live in facilities. As caregivers we tend to put our needs on the backburner thinking that you have an endless supply of care to give, but if you do not take care of yourself you cannot care for your loved one.

Don’t let resources pass you by because this can improve your life as well as your loved one. A care partner once said us that we should call our day center her sanity. This quote has stuck with us because we are here to help and be your partner in the care for your loved one.



How Do Adult Day Centers Help Participants?

Humans are social beings who need a variety of ways to engage and these needs do not go away as we age. Before the pandemic, 1 in 4 people ages 65+ experienced social isolation (or loneliness), which has been linked to many health consequences such as: depression, anxiety, increased stress, sleep problems, low self-esteem, dementia, stroke, heart disease, premature mortality, and weakened immune system.

Adult day health centers are a wonderful solution to helping minimize social isolation by providing a safe space to socialize, engage in activities, and it gives older adults a community to be a part of. Research shows that for participants, adult day health programs may:

- Stabilize medical conditions and reduce hospitalizations
- Prevent secondary disabilities that result from excessive bed rest or inactivity
- Lead to improved ability to perform daily activities
- Increase self-esteem and dignity
- Increase verbal ability and mobility
- Elevate mood and improve behaviors
- Improve nutrition
- Provide opportunities for friendship and decrease the harmful effects of social isolation and loneliness
- Be something to look forward to
- Foster a sense of belonging and create a feeling of belonging to a community

Adult day health centers allow you to help your loved one by helping yourself. A true win-win!