

Concerned with Finances?

Adult Care Center bills monthly in advance based on the number of contracted days of attendance. Should you miss a day, you'll be able to make it up as space is available that month.

Fee assistance is available on a sliding scale based on income of the participant (and spouse, if married).

Medicaid is accepted. If your loved one might be eligible, contact the Department of Social Services for your area. Medicaid may cover the cost of day care as well as other medical needs.

The **Veteran's Administration** can assist veterans with day care fees based on a vet's income and other eligibility requirements. Contact the Salem VAMC for more information.

Check to see if your **Long Term Care Insurance** includes adult day care reimbursement.

Adult Care Center can assist you with any of these options!

"I need help with transportation."

There are several providers in the area that may be able to help! We'll help you find a service.

"Wouldn't it be better to have someone help me in our home?"

Although in-home care can be helpful, it is usually more expensive. Bringing your family member here has the added benefits of daily socialization, exercise, health monitoring, and more from our kind and caring staff.

"My family member is too physically impaired or too confused to attend."

Please let the professional staff of Adult Care Center determine whether your loved one is appropriate for our service. We offer a free assessment visit for those interested.

Adult Care Center of Central Virginia
621 Court Street, Lynchburg, VA 24504

Mailing: P. O. Box 568, Lynchburg, VA 24505

Phone: 434-847-8111
www.AdultCareCenter.org



Caregiver Concerns & Benefits

Are you a Caregiver who needs your loved one to come to Adult Care Center, but you feel *guilty*?

You are NOT alone! Many people feel guilty for receiving help with their loved one's care; often they feel that they need to do the job alone.

Making the resolution to take care of *yourself* is often the most difficult decision for a caregiver to make.

BUT when you enroll your family member in our program, you both receive benefits! Here are some of the ways we can help you.

Benefits you will see when your loved one attends Adult Care Center

- **Relieved stress and feelings of being overwhelmed** – Enrolling your loved one in Adult Care Center may feel like an added stressor initially, but once they are in the program, you will feel relief in having time and renewed energy to tend to other things.
- **Ability to get rest and enjoy some of your activities** – While your loved one is here you will have more time to do the things you need to do... or enjoy doing! Your family member will be engaged in daily activities, and will sleep better at night... which will allow *you* to get rest, too!
- **Relief in knowing you've made the right choice** – You should not feel guilty for wanting or receiving help. Caregiving should not become such an overwhelming task that you feel depressed, lonely, exhausted, or angry. Taking steps to use adult day care will help you last longer as a caregiver, while keeping your family member out of a nursing home.
- **Maintain relationships with friends and family** – You will have more time and energy to spend with friends... which will help you feel more supported. They also may offer to assist you more if they see your needs as a caregiver.
- **Assurance that your family member is safe** – We provide a safe and therapeutic environment, with healthcare professionals observing our participants at all times. You won't need to worry about what they are doing when you aren't home or able to care for them every minute.
- **Ability to continue working** – Often taking care of someone full time prevents you from keeping a job. There is nothing wrong with wanting to continue working or having to work to maintain your income. Using the services of the Center will enable you to stay in the workforce.
- **Gain a network of support and information** – Questions? Just ask! We're here to help!

"I feel guilty taking my family member to adult day care. They want to stay at home, but I need a break."

Sometimes you, as the caregiver, must make decisions that are best for you and your family member. You are in the position to make the clearest decision. We can help you with getting your loved one here and happy; once they've settled into the routine and get to know other participants, they will actually miss *not* coming!

"It takes too much time and energy to get them ready to go anywhere."

Many health impairments can cause difficult behaviors to manage. This can make it especially hard when you are preparing to someone somewhere. Don't give up even though it takes a while. Are there family members who can help out in the morning? There are agencies that can assist health-impaired adults with personal care, if needed. Once you get them here, you have the rest of the day to take care of your needs.