

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 of Northern Kentucky

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

1. Needs regular health check-ups and cannot take prescribed medications without supervision? Yes No
2. Can no longer be alone at home safely (e.g., wanders)? Yes No
3. Requires assistance with personal care, such as eating, bathing, or dressing? Yes No
4. Is more and more confused or forgetful? Yes No
5. Has Alzheimer's disease or memory loss? Yes No
6. 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 Cardinal Hill.

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

1. Has lost interest in hobbies or trying something new? Yes No
2. Does not socialize or stay in touch with friends? Yes No
3. Needs something to do with his or her time? Yes No
4. Isn't eating well unless you plan for or prepare meals? Yes No
5. Is alone a lot, and doesn't get out of the house much? Yes No
6. 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 Cardinal Hill.

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

1. Are you neglecting your own health? Yes No
2. Do you have outstanding errands on your "to do list?" Yes No
3. Are you working or want to find a job? Yes No
4. Do you feel overwhelmed, or like you're falling behind? Yes No
5. Have you cut back on your own personal interests? Yes No
6. Do you keep postponing your visits with friends and family, or the class you have been thinking about? Yes No

Community Services Is Your Partner in Providing Quality Care

- ◆ 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 Adult Day of Northern Kentucky today.**



**ADULT
DAY CARE**

Community Foundation
of Northern Kentucky

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

Saturday of each month 9:00 a.m. to 4:30 p.m.

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

31 Spiral Drive - Florence, Ky - 41042 - (859) 525-1128
