

Adult day care vs. in-home care

Adult day-care centers and in-home senior care are both excellent choices that permit elderly and disabled adults to live at home rather than move into a nursing home or assisted living facility. In order to make the best choice for your family, it's helpful to learn what each offers before deciding which best suits your situation.

Either choice allows family caregivers to:

- Keep a full- or part-time job

- Have help with the physical needs involved with care
- Obtain respite from what can be a 24-hour responsibility
- Reclaim your relationship as spouse, son or daughter rather than caregiver.

Adult day care

Adult day-care facilities may be stand-alone centers or programs offered as part of hospitals, assisted living communities or nursing homes. For your loved ones, adult day care offers:

- The chance to continue to live with family
- Social interaction
- Mental stimulation
- Recreational activities
- Meals and snacks
- Assistance with hygiene, toileting and activities of daily living
- Round-trip transportation
- Five days per week from

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morning to afternoon.

In-home care

For those who prefer one-on-one companionship and care, with more flexible hours and personal services, home care may be the better choice.

In-home care includes many of the benefits of adult day care, plus much more. Caregivers can get your loved one's day started with help getting dressed and morning hygiene. They can also do light housekeeping chores, prepare favorite meals, and offer more freedom to get out to go shopping or to appointments. Many in-home care agencies offer:

- Personal attention by compassionate caregivers

- Assistance with hygiene, toileting and getting dressed
- All other activities of daily living including safety with mobility and transfers
- Preparation of all meals and snacks
- Light housekeeping and laundry
- Transportation and companionship for errands, shopping and appointments

Both adult day care and in-home care are services that can provide a respite for families caring for a loved one. In some cases, a combination of both may make sense.

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