

Welcome to our Newsletter!

Welcome to the Heritage Senior Care Inc. Newsletter, we are so excited to share this newsletter with our senior clients, their families and the community.

Heritage Senior Care Inc. has been serving the needs of seniors for over 33 years. Our mission is to help seniors who wish to remain in their homes, but may require assistance with activities of daily life, transportation and companionship.



Arts and Crafts can be very calming and therapeutic and can help with feelings of agitation, depression and boredom.

Visit this link for more information:

www.todaysgeriatricmedicine.com/news/ex_082809_03.shtml

Hot Topics: The Benefits of Adult Day Programs

At Heritage Senior Care, we offer great support to any complimentary program that offers a senior the opportunity to continue to live in their own home. One such example of a beneficial resource is what is known as Adult Day Programs or adult Day Care. These facilities, which range from day programs that offer activities, lunch and a RN on site to specialized care for a loved one with Alzheimer's Disease. Let's discuss some key reasons why Adult Programs can not only benefit older adults but can also offer much needed support for family members and/ or caregivers as well.

Social Engagement and Interaction:

It is sad to say, but somewhere right now a senior is isolated and is not having a healthy amount of interaction from other people. Adult Day Programs offer a wide array of activities that help to engage older adults including: Exercise, Trivia and Brain games like Jeopardy on the white board can help with memory recollection. Other activities such as: Arts & Crafts, Needlework and Basket weaving, can also with fine motor skills. According to the findings derived by a study published by the University of Manitoba titled The Benefits of Social Participation, the risk of developing a disability in activities of daily living decreased by 43% over an average of 5 years for each additional social activity engaged in; the risk of mobility disability decreased by 31%.

Respite Care for Families and Caregivers:

Adult Programs do not necessarily have to include a full day, some programs include half days, which can be great for someone who is taking care of their loved one and needs a break. It is critical to realize that if you are taking care of your loved one or you are employed as a caregiver- you do need to have a rest period every once and a while. Adult Programs are a wonderful opportunity for the family to rest, recuperate and come back recharged to provide the best quality of care.

An Affordable Care Option:

Most local Adult Programs in San Diego such as: Fallbrook Adult Day Care and The Glenner Center don't exceed a rate of \$100 for a day of activities, an included lunch and many facilities also offer complementary transportation, but some do seek a small donation of a few dollars. Most Adult Programs are structured as a 501(c) 3 Non-Profit and therefore can offer competitive rates for their services. Americare, located in North County San Diego is a daycare for adults that could be cost free, if you meet the eligibility requirements. Balancing Homecare and Adult Programs can be quite minimal in cost as well, depending on the need for service a half day at an adult program could reduce the cost for someone who needs a caregiver throughout the day, but has trouble affording the cost of care.



For More Information and additional resources that discuss Adult Day Care in San Diego County, please visit:

<http://americareadhc.com/Eligibility.html>

<https://foundationforseniorcare.org/our-services/adult-day-care/>

<https://glenner.org/>

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*“Life doesn’t require that we be the best,
only that we try our best.”*

H. Jackson Brown Jr.

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