

# Take A Break Respite Care

Lisa Wehrs  
Business Owner



As an adult day center, it is common to see families that are inquiring about day services for their loved one but are still undecided if it is the right fit for them. The questionnaire below is a simple tool that can be used to help decide if adult day services are right for your family.

## Are Adult Day Services Right for You?

**Are you increasingly worried about the health and safety of an elderly 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, enriching environment at *Take a Break Respite Care*.**

**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 will benefit from the therapeutic activity programming at *Take a Break Respite Care*.**

**Are you providing care for — or worrying about — an elderly 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?                          | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 5. Have you cut back on your own personal interests?                                | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 6. Do you keep postponing your visits with friends and family, or other activities? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 7. Would rest from full-time care help you to be an even better caregiver?          | <input type="checkbox"/> Yes | <input type="checkbox"/> No |

If you said "yes" to any of these questions, *Take a Break Respite Care* can provide your family member with daytime care so you can have time to relax.

**For a tour of Take a Break Respite Care or more information, call Lisa Wehrs today at (734)639-1801**

*Take a Break Respite Care*  
15583 S. Dixie Hwy  
Monroe, MI 48161  
lisawehrs@takeabreakrespitecare.com  
takeabreakrespitecare.com