



Respite Care at Adult Day Services

*Exceptional care for your loved ones
... a welcome break for you*

Is respite care right for my family?

Respite care may be right for you if your loved one:

- Needs a safe, social environment
- Requires only supervision and reminding

Respite care is not available for individuals who:

- Require physical assistance, medical oversight or medical management
- Have behavioral issues that require ongoing supervision
- Need physical assistance with personal needs
- Do not have transportation to the center

You do not need to be enrolled in our Adult Day Services program to use respite care. These slots are available by calling (410) 392-0539 or emailing adultday@uhcc.com.

Can respite care help me?

Due to stress, long-term caregivers have an increased risk of major health concerns such as heart disease, cancer, obesity, symptoms of depression and mental decline. Not surprisingly, caregivers also may be less likely to exercise, eat nutritious meals, get adequate sleep and keep up with recommended preventive care.

Signs of excess caregiver stress may include:

- Feeling overwhelmed, sad, worried or tired a lot
- Sleeping too much or too little
- Significant, unexplained weight gain or loss
- Lack of interest in hobbies and favorite activities
- Getting angry or irritated easily
- Physical ailments such as headaches and body pain
- Alcohol or drug abuse

Respite care is one way to help caregivers stay healthy. If you are concerned about stress, contact your doctor or a mental health professional.



152 Railroad Avenue
Elkton, MD 21921
(410) 392-0539
www.uhcc.com/Services/Adult-Day-Program





“I love caring for my mother, but once in a while I need a break.”
“If only I had a day to get a few things done.”
“Isn’t it time for some ‘me’ time?”

Respite care at Adult Day Services

If you are a caregiver for an elderly or disabled loved one, you may have experienced feelings like these. After all, caregiving demands time, energy, focus and patience. Taking a break can benefit your health and your ability to continue caring for your loved one.

That’s why Adult Day Services at Union Hospital is proud to offer respite care for caregivers in our community.

What is respite care?

Respite care is temporary support for people who provide care to loved ones with chronic health conditions. It is an opportunity for caregivers to attend to personal concerns or just take a break.

With our respite care program, you can rest assured that your loved one will enjoy nutritious meals, group activities, supervision for personal care and medication reminders — all in a friendly environment staffed by caring professionals.

FACT: Nearly 30 percent of all U.S. adults — more than 65 million people — are caregivers, and the average caregiving experience lasts 4.6 years.

Source: The National Alliance for Caregiving’s report “Caregiving in the U.S.” (2009)

Good for your loved one and you

Respite care offers benefits for caregivers and their loved ones. Research has shown that respite care can:

- Significantly reduce caregiver stress
- Improve family relationships
- Increase the caregiver’s ability to take part in social and recreational activities
- Reduce the risk of abuse and neglect

Rather than waiting until you “just can’t take it anymore,” consider scheduling regular respite care appointments. Doing so can help keep stress from building up to the point that it affects your physical and mental health.

Please call us the day before you need respite care to make sure space will be available for your loved one.

To learn more and to arrange for respite care, please call **(410) 392-0539** or email **adultday@uhcc.com**.

Our respite care rate is competitive.

The Adult Day Services program at Union Hospital is accredited by:

- The Joint Commission (Joint Commission accreditation is recognized nationwide as a symbol of quality that reflects an organization’s commitment to meeting certain healthcare performance standards.)
- The Maryland Department of Health & Mental Hygiene