

## *Caregiving 101 Tips Adult Day Services*

Adult day services provide activities, social interaction and a supportive atmosphere for seniors and disabled adults. As a caregiver, you might use a day care center for respite from your caregiving duties, and you may also use one as a place to take your elderly or disabled relative while you are at work. People who benefit from Adult Day Services can be those with physical or mental disabilities, those who are isolated from society, those who need personal care assistance, and those who need assistance for daily living, but have a caregiver or other home care provided during the evenings and weekends.

More information on this topic is posted on our web site:  
<http://www.lcsnw.org/library.html>.

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*Tacoma (253) 272-8433 • Bremerton (360) 377-5511*