



## Friendship Club of Bloomfield Township Bloomfield Township Senior Services



### **IS SOCIAL MODEL ADULT DAY SERVICE THE RIGHT CHOICE FOR YOUR SITUATION?**

How do you know if a social model Adult Day Service (ADS) is right for your situation as a caregiver? Honestly assess your situation to see whether or not ADS is an appropriate solution:

- Do you need occasional assistance with taking care of your relative?
- Are you worried about their safety when you cannot be around?
- Are you leaving your relative alone more often in order to do errands or go to work?
- Do you find that you are taking off more and more time from work to care for your relative?
- Would you feel better if he or she was able to enjoy a nutritious meal during the day, the opportunity to socialize more or to get more exercise?
- Has a good relationship with your relative turned into a troubled one? Are arguments increasing?
- Is your relative feeling isolated by not having the company of other older people?

A “yes” to even one of these questions could mean that ADS might be an answer to your relative’s caregiving needs. This doesn’t mean it will be easy for you or the individual for whom you are providing care. Feelings of guilt may be an initial reaction when considering an adult day program. But remember that you need time to care for you, to be able to work without worrying about how your family member is managing, and time to relax and regroup, so that when you are providing care you’re at your best. Feelings of anger, fear, denial and resistance are common first time reactions experienced by persons receiving care when a new program such as ADS is proposed.

(From “Since You Care” Guide prepared by MetLife Mature Market Institute)

**We currently have availability for participants diagnosed with dementia.**

**Enrollment is recommended as soon as possible after receiving a dementia diagnosis. Research indicates early intervention is important to maintaining quality of life and maximizing stability. Improvement in mood, sleep patterns, and socialization with peers are benefits of participation.**

**Inquire at (248) 723-3530 Ask for Jodi  
Monday through Friday 9:00 AM to 4:00 PM**

Friendship Club is based on the social model adult day service provision.  
Medical model ADS has medical professionals on staff and offers care to those with higher levels of need.  
Friendship Club is not a medical model ADS.

Visit our website at:  
[www.bloomfieldtp.org/seniors](http://www.bloomfieldtp.org/seniors)  
Click on the Adult Day Service Tab