



## Rest and Relief for Caregivers, Activity and Fun for Participants!

Now, family caregivers can care for a relative at home during the day, *and* get the relief and rest they need at night!

Our comfortable home-like environment provides a place for older people with sleep disturbances, confusion or wandering habits to stay overnight. Our program helps to eliminate risks often found at home, when the person can't be closely monitored.

Participants engage in quiet activities, rest, or sleep, in our secure calming environment. Gentle exercise and a schedule of social and recreational activities is provided to entertain and

occupy attendees. Delicious and nutritious snacks are offered. The program is located and licensed as an assisted living facility. We provide assistance with personal hygiene and medications if necessary.

Our program helps caregivers to rest, or attend to other obligations, while their loved one enjoys a structured, supervised and socially active environment.

- Our Dusk to Dawn Program operates from 7 pm to 7 am, 7 days a week, *including* holidays
- Pick up at 7 pm. Drop off at 7 am.
- Comfortable resting accommodations
- Light exercise
- Social activities
- Board games, cards, movies
- Nurse on staff
- Medication assistance
- Delicious, nutritious snacks



**A good night's sleep can restore a caregiver's mood and energy, allowing at home care to continue.**

**Call or visit one of the communities listed on [www.AssistedSenior.com](http://www.AssistedSenior.com) to learn more about this program!**