



Is an Adult Day Center Right for You?

Complete the checklist below to help you determine if you and your loved one can benefit from adult day services.

Are you the caregiver of an elderly family member?

- Are you neglecting your health?
- Are you currently working or want to find a job?
- Do you feel overwhelmed?
- Is your "to do list" never ending?**
- Do you keep cancelling or postponing visits with friends?
- Is your loved one becoming increasingly dependent on your time and energy?
- Do you need a break from caregiving — even for a couple of days a week?

Are you worried about the isolation and/or safety of your elderly loved one?

- Not eating well or forgetting to eat
- Doesn't socialize any longer**
- Sleeps most of the day, minimal movement
- Showing signs of short-term memory loss and confusion

Did you check yes to any of these questions?

Give us a call at 908-766-0180 and speak with Maria Keenan, Manager of the Adult Day Center at Somerset Hills. We are here to help both you and your loved one.

While you receive a much-needed break, your loved one will enjoy their day socializing with friends and under the care of our nurturing and specially trained staff. We offer a variety of entertaining, interactive and therapeutic activities such as music therapy, art, yoga, daily exercising, museum and environmental center programs, pet therapy, horticultural therapy, group games, and visits from community groups including youth groups, musical performers and garden clubs. Meals and snacks are included, too!

The Adult Day Center at Somerset Hills is a service of the VNA of Somerset Hills. We are located in a state-of-the-art building in Basking Ridge, conveniently located near Routes 287, 78 and 202/206.

For more information or to schedule a tour

908-766-0180
visitingnurse.org