Are Adult Day Services Right for You and Your Loved One?

Complete this checklist to help determine if you and your loved one can benefit from the services of Cardinal Hill of Northern Kentucky Adult Day Health Center.

Are you increasingly worried about the health and safety of a loved one who:

1. Needs regular health check-ups and cannot take prescribed medications without supervision? ☐ Yes ☐ No
2. Can no longer be alone at home safely (e.g., wanders)? ☐ Yes ☐ No
3. Requires assistance with personal care, such as eating, bathing, or dressing? ☐ Yes ☐ No
4. Is more and more confused or forgetful? ☐ Yes ☐ No
5. Has Alzheimer's disease or memory loss? ☐ Yes ☐ No
6. Is becoming increasingly dependent on your time and energy? ☐ Yes ☐ No

If you said "yes" to any of these questions, your loved one will benefit from quality care in the safe, supportive environment at Cardinal Hill.

Are you increasingly worried about the isolation or inactivity of a family member who:

1. Has lost interest in hobbies or trying something new? ☐ Yes ☐ No
2. Does not socialize or stay in touch with friends? ☐ Yes ☐ No
3. Needs something to do with his or her time? ☐ Yes ☐ No
4. Isn't eating well unless you plan for or prepare meals? ☐ Yes ☐ No
5. Is alone a lot, and doesn't get out of the house much? ☐ Yes ☐ No
6. Is losing physical strength, in part due to lack of exercise? ☐ Yes ☐ No

If you said "yes" to any of these questions, your family member can meet new friends and make every day full of life at Cardinal Hill.

Are you providing care for or worrying about an elderly or handicapped family member? If so:

1. Are you neglecting your own health? ☐ Yes ☐ No
2. Do you have outstanding errands on your "to do list?" ☐ Yes ☐ No
3. Are you working or want to find a job? ☐ Yes ☐ No
4. Do you feel overwhelmed, or like you're falling behind? ☐ Yes ☐ No
5. Have you cut back on your own personal interests? ☐ Yes ☐ No
6. Do you keep postponing your visits with friends and family, or the class you have been thinking about? ☐ Yes ☐ No
7. Would rest from full-time care help you to be an even better caregiver? ☐ Yes ☐ No

If you said "yes" to any of these questions, Cardinal Hill can share the caring so that you can be at your best.

Cardinal Hill Adult Day Health Center - 31 Spiral Drive - Florence, Ky 41042 - (859) 525-1128

Cardinal Hill Is Your Partner in Providing Quality Care

- See **friendships grow** through carefully structured activities that **promote a sense of belonging**.
- Learn how **physical wellness** is improved with a daily exercise program designed to enhance mobility and independence.
- Enjoy **peace of mind** knowing your family member receives i**ncreased personal safety** with supervision in a protective environment.
- Meet our **dedicated, professional staff** who make personal care a top priority.
- **Continue to work**, or go back to work again.
- **Rest and relax** to help maintain your own health and strength, which your loved one depends on.
- **Revitalize yourself**, so that your loved one continues to benefit from the care that only you can provide.
- **Feel caught-up again**, less frustrated. You can take care of other business, household chores, or complete errands on your "to do list."
- **Get to know the professionals on our staff**, our quality of care and our commitment.
- Enjoy the **convenient location and daily hours** of operation to meet your needs.
- Take advantage of our **safe and secure facility**.
- **Visit at your convenience** to see our facility and our program in action.

Do something wonderful -
Call Cardinal Hill of Northern Kentucky today.

Cardinal Hill Adult Day Health Care

The Next Best Place to Home

Open Monday through Friday, 7:30 a.m. to 5:30 p.m

Open the Second Saturday of each month 9:00 a.m. to 4:30 p.m.

Located next to Furniture Fair - across from the new Babies R Us .

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