



Arizona Caregiver Coalition

Serving the Needs of Arizona Caregivers



# BEHIND THAT SMILE IS A FAMILY CAREGIVER WHO NEEDS A BREAK

Call the Arizona Caregiver coalition today and ask about our respite program at adult day health centers. We offer respite at no cost in Arizona for family caregivers who:

- live full-time with the care recipient.
- are not already getting any other respite services.
- are not working outside the home.

 888-737-7494

 [www.AZcaregiver.org](http://www.AZcaregiver.org)





Adult Day Health Centers provide a safe place where a person can be nurtured and stimulated. Centers are licensed by the Arizona Department of Health Services. Services are available Monday – Friday from morning to evening.

## Services offered at ADHCs:

- Therapeutic activities
- Personal assistance
- Meals
- Social services
- Health related services
- Medication management
- Caregiver support groups
- Rehabilitation therapy
- Transportation

Adult Day Centers (ADHC) help care recipients improve in health and activity level, and they provide much needed respite for the caregiver.

**Contact the Arizona Caregiver Coalition to apply for the Adult Day Center Respite Program.** It will make a difference in your life and the life of your family member.



 **888-737-7494**

 **[www.AZcaregiver.org](http://www.AZcaregiver.org)**