

Benefits of Respite Care



Respite services, such as Clark Respite Care, offer care at a fraction of the cost of a nursing home, home care, or assisted living alternatives.

Support services are provided to the family members in need, and respite is provided for the family. Caring and committed staff members may become almost like family to members and their caregivers. A lasting bond develops that is valuable and meaningful to all involved.

As a result, family members and caregivers can enjoy peace of mind, knowing that their loved ones are receiving the best of care. Clark Respite Care members can, likewise, appreciate that their caregivers receive crucial support to keep them from becoming overwhelmed.



By using Clark Respite Care, caregivers will have more personal time and hopefully be able to keep working while their loved one remains active and involved in the community. In addition to providing direct relief, our program has added benefits for families, including:

- **Relaxation**
Respite gives families peace of mind, helps them relax, and renews their humor and their energy;
- **Enjoyment**
Respite allows families to enjoy favorite pastimes and pursue new activities;
- **Stability**
Respite improves the family's ability to cope with daily responsibilities and maintain stability during crisis;
- **Preservation**
Respite helps preserve the family unit and lessens the pressures that might lead to institutionalization or other family issues;
- **Involvement**
Respite allows families to become involved in community activities and to feel less isolated;
- **Time Off**
Respite allows families to spend time together and alone; and
- **Enrichment**
Respite makes it possible for family members to establish individual identities and enrich their own growth and development.

Clark Respite Care

Adult Day Care for Seniors



The Generations Center
32 Meadow Street
Winchester, KY
859/744-3235
www.foothillscap.org



A service of Foothills Community Action Partnership

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What is Respite Care?



Clark Respite Care provides daytime care for adults who need special assistance with the routine activities of daily life. The primary purpose of our program is to give relief to families and caregivers from the extraordinary and intensive demands of providing ongoing care.

Our participants have various physical, mental, or social limitations that require individualized care and attention. We care for individuals with special needs, such as developmental and physical disabilities, emotional and behavioral disorders, medical fragility, chronic illnesses, Alzheimer's disease and related health concerns.

Respite services supplement but do not replace the role of the primary caregiver.

Clark Respite Care enables participants to avoid, or at least delay, the need for the institutionalized care of a nursing home.



Senior Respite Services



Respite Care is designed to help families. We provide relief to family caregivers who may be caring for an aging parent, relative or spouse.

Our center provides a warm and caring atmosphere where participants can interact with others while receiving the care of skilled staff.

Clark Respite Care offers a unique, small group of structured therapeutic activities in a comfortable homelike setting. Participants enjoy meaningful activities and friendship.

Some of the services we offer our clients include:

- Daily activities;
- Dedicated care attendant;
- Large activities room;
- Comfortable chairs and recliners;
- Hot lunches and nutritious snacks;
- Beds provided as needed;
- TV, movies, daily newspapers and magazines available on site; and
- Transportation (wheel chair accessible van) provided as needed.

Home Away From Home



Finding someone qualified to care for your loved one can be overwhelming. We offer peace of mind when your loved one stays with us.

Most members are picked up at their homes and transported to the center on one of the center's clean, modern and well-equipped vans. Drivers are carefully screened and trained to assist with any special needs and to guard rider's safety.

Transportation can be arranged through Foothills transportation service. Van drivers and other staff help compensate for any handicapping conditions and ensure the safety, comfort and well-being of members.

Members receive hot lunches and nutritious snacks. During their time at the center, members enjoy a variety of therapeutic activities such as discussion groups, games, arts and crafts, sing-alongs, moderate exercise classes and appearances by entertainers or special visitors.