



HELP FOR WORKING CAREGIVERS

New Options for Quality Care

The number of working caregivers providing support to an older adult is skyrocketing. While some hire expensive in-home caregivers to help with their loved ones, many others step in themselves, sometimes sacrificing income and work benefits. This is particularly true for women, who are leaving the workforce in record numbers due to the challenges of balancing work and caregiving responsibilities.

When organizations share information about solutions that help, it can have a profound, positive effect on working caregivers, boosting retention and their overall well-being.

The Adult Day Program at River Garden is open Monday through Friday from 7:30AM to 5:00PM. It is a social and recreational fee-for-service model for clients with cognitive impairment. Currently there are three attendance options available:

- Traditional Attendance, regularly scheduled days
- Drop-In Attendance (4-hour minimum)
- GUIDE (Guiding an Improved Dementia Experience) Respite

All options are affordable, and generally less expensive than hiring private support in the home.

To schedule an introductory meeting or to learn more, contact Erica Hickey at 904.288.7858 or visit www.rivergarden.org.

PERSONALIZED SCHEDULES FOR CAREGIVER SUPPORT

- Open Monday–Friday, 7:30AM – 5:00PM
- Full day or limited drop-in attendance available—pre-registration required
- Nutritious meals and snacks provided
- Priority access to all River Garden services and life enrichment programs

SOCIAL AND RECREATIONAL MODEL WITH PROGRAMMING BASED UPON THE SIX DIMENSIONS OF WELLNESS

- Ceramics, Crafts & Painting
- Current Events & Trivia
- Chair Volleyball
- Music & Exercise Programs
- Bingo, Yahtzee, Rummikub
- Parties
- Puzzles & Games
- Cooking Presentations
- Walks
- Movies

