Caregiving Tips: Strategies for Success

Marin Adult Day Health Center is here for you.

Educate yourself about the disease your loved one has been diagnosed with. Read books, attend workshops and consult with healthcare professionals.

Learn caregiving techniques. Key areas are communication skills, safety concerns, and managing behavioral challenges and activities of daily living.

Understand the experience of your loved one. Adjust your expectations. Be patient and kind.

Avoid caregiver burnout. Make time for yourself. Join caregiver support groups. Pursue interests beyond your caregiving role, such as exercise, hobbies, journaling and art.

Maintain your physical and mental health. Exercise, respite and other activities can reduce stress. Seek medical help if you have signs of depression.

Discuss the situation with family and friends. Support systems are critical. Join caregiver support groups and discussion boards.

Do cognitive stimulation activities with your loved one. Listening to music, word puzzles and memory games can easily be done at home.

Foster communication with physicians. Be involved in your loved one’s medical care. Ask questions about the progression of their disease, express concerns and discuss treatment options.

Take care of financial, legal and long-term care planning issues. Try to involve your loved one in decision-making, if they are still capable of providing input, and consider their wishes related to future care and end-of-life issues.

Think positive. Focus on your loved one’s remaining strengths and enjoy your relationship while you are still able.

Whatever your ethnicity, religion, country of origin, language, abilities, sexual orientation, or gender… you are welcome here.

(Continued on reverse side.)
Marin Adult Day Health Center Services

Participants may attend the program from one to five days per week based on medical necessity and participant and/or family needs.

Convenient door-to-door transportation in a wheelchair accessible van is available.

Skilled Nursing services are provided to monitor, intervene, and treat health conditions before they become acute. Our dedicated nursing staff provides medication management, health education, and works directly with the participant and their own doctor to achieve and maintain an optimum level of health.

Social Services are provided by Medical Social Workers who address each participant’s psychosocial needs, act as liaisons with families, provide information and referrals to other community agencies and services, and provide critical support to family caregivers.

Individualized Dietary and Nutrition Services ensure that each participant receives a healthy and delicious hot lunch that meets their medical needs.

Personal Care services are provided to participants with the individualized health and hygiene assistance they need to maintain their dignity and independence.

Physical and Occupational Therapy services are provided to restore and strengthen muscle functioning which help maintain independent living skills, as well as improve balance and prevent falls.

Recreation Therapy is provided to improve both physical and cognitive health.

Creative Therapy is used to help participants express themselves through art projects, music and singing. Socialization with peers helps to decrease isolation and depression and creates a rich opportunity to connect with others in their community.

What do people say about Marin Adult Day Health Center?

Our dedicated and highly trained staff is devoted to ensuring that each participant receives the best experience with us. Many of our success stories demonstrate amazing results from the program.

“MADHC has been a lifesaver for my dad and my mom (she is the primary caregiver). It would literally be impossible for her to keep my dad at home without your services.”

“I look forward to those days for myself; it’s like a weekend for me.”

“This is literally the only context in which my mother has social contact with anyone outside of our immediate family. I cannot over-emphasize how important I feel this connection is when an elderly person becomes more and more isolated from the world around him/her.”

“The incredible support I receive from all the staff has allowed me some much needed peace of mind.”

“I am pleased there is flexibility in days because of doctor appointments or other conflicts.”

“I am just so grateful for the support. You are the best...how do you improve on that?”

LifeLong Medical Care provides high-quality health and social services to people of all ages; creates models of care for the elderly, people with disabilities, and families; and advocates for continuous improvements in the health of our communities. LifeLong Medical Care operates health centers in Alameda, Contra Costa and Marin counties. We currently serve over 44,000 patients in 234,000+ visits annually.