

**As women,** we make decisions every day that affect our immediate and extended families. One of those decisions is whether or not to leave aging Mom or Dad home alone.

Previously independent senior relatives often become more dependent as they age, especially if they have lost their spouse. Statistics show that daughters are far more likely than sons to step in.

Who helps you in determining the welfare of your parent?

At Garden View Care Centers, we counsel family members on all the available care options for Mom and Dad. Here are questions to ask yourself:

**Is Mom lonely? Does she need to get out of the house?** Adult day services at Garden View include activities, health monitoring, socialization, and assistance with daily needs that allow Mom or Dad to receive needed care in a supportive, professionally staffed, community-based setting that supports autonomy. Adult day services enable caregivers to remain in the workforce. Convenient drop-off locations and operating hours complement caregivers' work schedules.

**Are you wanting to go to your son's wedding out of state but don't have anyone to look after Mom while you are gone?** Mom can stay with us. You can enjoy that well-deserved break knowing that Mom is getting the care and companionship she needs. She can attend the spa, visit the beauty shop, and join in

all the activities—even partake in the field trips!

**Has Mom had a fall? Does she need rehabilitative care?** RehabCare, operating at every Garden View location, is the leading provider of physical, occupational, and speech-language rehabilitation services in 47 states.

**Would you feel more comfortable if Mom wasn't living on her own?** At Garden View, assisted living residents dine in our restaurant and live in a home-like environment. Staff is available 24 hours a day, and residents won't have to move to another facility if they need a higher level of care.

**Does Mom have Alzheimer's?** As Alzheimer's progresses, the physical and mental demands on her caregiver can become overwhelming. She may require total assistance with bathing, dressing, and toileting, as well as greater overall supervision. Nighttime behaviors may not allow you to get adequate rest, and belligerent or aggressive behaviors may exceed your ability to cope or feel safe.

Seeking a professional medical evaluation is important. If Mom comes to live with us, you can still visit regularly and ensure she gets the care she needs. Even if that step is not yet needed, it is beneficial to proactively determine the right place for your loved one, should the need arise.

ARE YOU LEAVING MOM  
HOME ALONE?



Call Garden View Care Centers today for a tour or visit [gvcc.com](http://gvcc.com).

**O'Fallon**  
636-240-2840

**Dougherty Ferry**  
636-861-0500

**Chesterfield**  
636-537-3333