

## **Respite - Giving Caregivers the Support they Need**



Since 1993, the Lake Oswego Adult Community Center's Day Respite Program has offered opportunities for persons with dementia to engage in a program of fun, meaningful social and recreational activities in a secure and supportive setting in order to maximize their cognitive function and social abilities; and to provide relief and support to family members with dementia. Planned activities are professionally guided and include music, art, and horticultural therapy; games, exercise, socialization, and reminiscing. Lunch is served along with a light snack.

The group meets on Wednesdays from 11:30am to 3:30pm  
Fee is \$30.00 per four-hour session; financial assistance available.  
For information or to enroll, contact the ACC at (503) 635-3758.

### **Supporting Documents**

 [Caregiver Guidebook](#)

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