IMPACT Brings Adult Respite Day Care to Catalina

*By Keith Marcum, Marketing Manager, IMPACT of Southern Arizona*

How can you care for others if you don’t have time for self-care?

IMPACT has partnered with By Your Side Senior Care to give caregivers some relief one day per week and also bring employment opportunities to people in our service area. Residents in NW Tucson and SE Pinal County now won’t have to go far from home to find Respite Day Care services. With this new program, qualified families will finally have a local, affordable option in their community. Here is how it works.

Every Wednesday, the IMPACT Activity Center now hosts a four hour respite afternoon, so family caregivers who qualify can drop off their loved one off and then have some time to rejuvenate themselves without having to worry about their family member.

“We are really excited to partner with IMPACT on this much needed program. This will be an incredible resource for family caregivers to have up to four hours on Wednesday to recharge and regain the energy they need to care for their loved one,” says By Your Side Senior Care CEO, Justin Oldaker.

The Respite Day Care Program will also provide job opportunities as well.

Barbara McClure, IMPACT’s Executive Director explains, “We provide scholarships to low income clients in our service area to help fund training and certification in the caregiving field. In addition, our local Respite Day Care Program in Catalina will provide employment opportunities close to home for those who get certified and live in the area. Once certified, they will be able to work in our program, as certified caregivers, or in their own communities with individuals who need help at home.”

IMPACT of Southern Arizona realizes it is a tough job to be a full time care provider for a family member, especially for loved ones with dementia. 1 in 10 people over the age of 65 has Alzheimer’s dementia. That is why having an affordable Respite Day Care Program in place is needed, especially in Northwest Tucson.

“This is another way we can help people transition to a stable, sustainable, self-sufficient lifestyle. We are giving qualified clients a career opportunity in the caregiving industry while also addressing the need of providing affordable Respite Day Care in the community,” says McClure.

For more information about how to qualify for this new program, please visit impactsoaz.org, call 520-825-0009, or email [info@impactsoaz.org](mailto:info@impactsoaz.org) as well. You can also follow us on social media to find out more about all of our programs.

Please consider being an IMPACT donor this giving season and help us launch and sustain this vital new community program. Your donations will inspire new careers, move people out of poverty, support caregivers, and provide meaningful social outings for people with dementia and other limitations.