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## [Adult Day Services and Respite ~ Fact Sheet](#)

The ARCH National Respite Network and Resource Center provides fact sheets that will be useful to lifespan respite programs and community and faith-based organizations looking to build respite capacity in their states and communities, and to family caregivers looking for respite options.

### [Adult Day Services and Respite](#) Fact Sheet

Adult Day Services (ADS) provide a break (respite) to the caregiver while providing health related and therapeutic services and social activities for adults with a wide variety of care needs, including those with Alzheimer's disease and related dementias, developmental, intellectual, physical and/or other cognitive disabilities and other conditions that increase their care needs. This fact sheet is a primer on Adult Day Services, providing background on who uses adult day services, the benefits of ADS, and the types of ADS and the services provided. It explores innovative models of ADS and provides information for family caregivers and those who assist them on how to find and choose quality ADS, and how to pay for it.

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The mission of the [ARCH National Respite Network and Resource Center](#) is to assist and promote the development of quality respite and crisis care programs; to help families locate respite and crisis care services in their communities; and to serve as a strong voice for respite in all forums.

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