

Caregivers and Respite Care

Everyone Needs a Break



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If you are caring for an older, ill or disabled friend or family member, you know that caregiving is a hard job. All caregivers need a break at times. Respite care can help.



What is respite care?

- ✓ Respite care is temporary care. It gives caregivers rest and relief.
- ✓ Respite care can be at home or outside the home. It can be for a few hours or all day. It can be occasional or ongoing.
- ✓ Respite care can be provided through community or private organizations. Or it can be arranged through family or friends.

Respite care relieves burnout.

- ✓ Caregivers can become weary and tired – in other words, burned out.
- ✓ Being burned out can be bad for your health. Your eating and sleeping may suffer. You may become depressed. You may drink too much.
- ✓ Caregivers can become so tired or stressed that they cannot provide enough care (neglect) or cause harm (abuse).



Respite care will help you – and the person you are caring for.

- ✓ When caregivers are rested, they are able to provide better care.
- ✓ Respite care can help you feel better. You will be protecting your health.
- ✓ Even a few hours or an occasional break can make a big difference.

Who can provide respite care for your loved one so that you can get a break?

Home care

Home care aides can help with personal care, housework and cooking. They also offer companionship. Home care can be one time only, one or more times a week, or daily.

Adult day care

Adult day care offers your loved one activities, meals, exercise and the chance to be with others. You can take your loved one to day care one or more times a week.

Overnight stays

Assisted living and other facilities may offer overnight respite care for a few days or weeks. This gives you a longer break. You may, for example, be able to take a vacation or recover from a health problem.

Caregiver support programs

Many caregiver support programs offer respite care. Help may be provided for a few hours, a few days, or a weekend.

Informal respite care – family and friends

Friends and family members can provide respite care by staying with the person for a few hours or a weekend. Community organizations such as churches may also have people that volunteer for respite care.



If you are concerned about leaving your loved one ...

- ✓ Get referrals from people you trust. Check references.
- ✓ Find out about low-cost options. Check with your local senior center or Area Agency on Aging.
- ✓ If the person you are caring for is worried about you leaving, try it for a short time. Remind the person that you will both be better off if you get a break.

How can you find respite care?

- ✓ Check with your local senior center, Alzheimer's Association, Area Agency on Aging, or look in the yellow pages of your phone book.
- ✓ Call the Eldercare Locator at 1-800-677-1116. Or visit www.eldercare.gov. This agency provides referrals in every area.

Respite care makes life easier and care better.



To find information about support groups and services in your area, consult your local phone book or search online. You can also call the Eldercare Locator at 1-800-677-1116, or visit its website at www.eldercare.gov on the Internet.


DELORO
caregiver resource center

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