



Are you feeling overwhelmed with caring for your loved one and taking care of everything yourself? Do you need some quiet time for yourself to get rejuvenated?

Even the most dedicated caregivers need time for themselves to stay emotionally and physically healthy in order to care for their loved ones. Every day, people just like you are faced with the challenges of caring for a loved as part of daily life. Caregiving is a demanding, difficult job and few are equipped to do it without some extra help. Getting help is essential for your health, and your resilience is critical for your loved one.

What Is Respite Care?

Respite Care is short-term care given by another caregiver, so that a family member or friend who is the patient's primary caregiver can rest or take time off. This type of care was created to provide a break for caregivers from the constant physical and emotional stress their role imposes. They are assured their loved ones' needs are being met at the same time.

Why Respite Care?

Respite care is a win-win experience for everyone. It allows caregivers to:

- Rest easy knowing their loved one is in good hands
- Tend to their own personal needs, schedule appointments and run errands
- Spend quality time alone relaxing
- Enjoy events with family and friends

The senior also benefits by being able to:

- Enjoy a change of scenery
- Make new friends
- Participate in educational and social activities that challenge their abilities



How is Respite Care Paid For?

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Long-term care insurance: Many long-term care insurance policies provide for adult day care, other types of community care and respite care for the caregiver. The cost and duration of respite care coverage is different for every plan. Check your policy's benefits for specific details.

Veterans benefits: Seniors who are veterans can receive up to one month of respite care every year through the Veterans Administration. Veterans who are caregivers for their spouses also may be eligible to receive funds for in-home services.

Social Security insurance: Individuals receiving disability payments from Social Security may be eligible for some type of home health care benefits. Contact the Social Security Administration to find out if your family member qualifies and what services are available.

Respite stays at Providence Rest are generally covered by Medicaid or private pay.

Where is Respite Care Provided?

In-Home Care - In-home aides can be employed privately, or through an agency to provide care in your home. Services you might expect include: companion services, personal care services, homemaker services and skilled care services

Adult Day Care Centers - An adult day center provides care outside the home and is designed to meet individual needs while supporting strengths, abilities and independence. Participants have the opportunity to interact with others while being part of a structured environment. Many caregivers who work during the day find this type of center very helpful as they try to balance a job with caregiving duties, however hours are limited.

Residential Care - A residential facility provides continuous 24-hour, 7 day a week care either for a few days or a few weeks. Overnight care allows caregivers to take an extended break or vacation while the person stays in a supervised, safe environment designed to meet personal needs. Providence Rest provides this type of Respite.



What Should You Consider When Choosing Respite Care? CARE • COMPASSION • COMMUNITY

Does the home care provider offer the specific services you need? (i.e. companionship: visiting, supervision and leisure activities, personal care: help with bathing, dressing, toileting and exercising, homemaking: housekeeping, shopping and cooking, skilled care: help with medication and other medical needs.

- Is the provider able to communicate in the preferred language
- Are they trained in first aid and CPR
- Are they trained in dementia care
- Is agency bonded (protects clients from potential losses caused by the employee)
- Can they provide references
- Are they available when you need them
- Are they to provide a back-up if they are sick

Does the Adult Care Center provide respite care?

- Is it in a convenient location with convenient hours.
- Are appropriate services and programming based on your specific health and behavioral care needs available?
- Are the staff trained in dementia care
- Are transportation, meals and snacks available if needed?
- Is the center able to dispense/monitor medications?

What does the Residential Care (nursing home, assisted living) involve?

- Family involvement encouraged
- Families informed of changes in resident's condition and care needs
- Families encouraged to communicate with staff
- Medical care provided to the extent that it is needed
- Personal care and assistance provided to the extent that it is needed
- Staff recognize persons with dementia as unique individuals, and personalize care to meet specific needs, abilities and interests
- Staff trained in dementia care
- Appropriate services and programming based on specific health and behavioral care needs available
- Planned activities (ask to see activity schedule; note if the activity listed at the time of your visit is occurring) available



- Activities on the weekends or during evenings available
- Activities designed to meet specific needs, interests and abilities
- Transportation available for medical appointments
- Indoor space that allows for freedom of movement and promotes independence
- Safe and secure indoor and outdoor areas
- Designated family visiting area
- Meals and snack times (ask to see the weekly menu and come for a meal)
- Pleasant dining environment
- Family and friends able to join at mealtime
- Staff have a plan for monitoring adequate nutrition
- Staff are able to provide for any special dietary needs
- Staff provide appropriate assistance based on person's abilities (for example, allow the person to drink independently, if able)
- No environmental distractions during meal time (noisy TV etc.)
- Family and friends able to participate in care
- Visiting hours
- Discharge policy (learn about any situation or condition that would lead to a discharge from the facility)

Seeking support and maintaining one's own health are keys to managing the caregiving experience. Using respite care before you become exhausted, isolated or overwhelmed is ideal, but just anticipating regular relief can become a lifesaver.

Start enjoying the benefits of Respite Care today. Contact Providence Rest at (718) 931.3000 or email us and let us help you with your caregiving needs.