

# Understanding Respite Care

**Effective, sustainable caregiving depends on meeting a caregiver's own needs for nurture, reassurance, support and respite.**

## Here are a few basic tenets of respite care

- Respite allows for relief from the daily responsibilities of caring for someone who is ill, injured or frail, and it is essential for all caregivers.
- Respite from ongoing care responsibilities ensures loved ones still receive the attention they deserve.
- All approaches to respite care provide caregivers with care that is planned, temporary, intermittent and substitute.
- Time required for respite varies from part of one day to ongoing scheduled routine relief.

## Types of Respite Care Available

### Respite care can take place in:

- An adult day center: Taking the care recipient away to safe environments once or twice a week can provide many benefits.
- The home of the person being cared for: This is the most typical type of respite care, and the least disruptive to the care recipient.
- A residential setting such as an assisted living facility or nursing home: Depending on the level of care need, this may be a possibility for a few days or during a caregiver vacation.
- A vacation setting: In-home care, wherever "home" is, can be arranged.

### In-home respite care usually involves the following four types of services

- Companionship: Having another person to supervise and monitor the situation while just talking/listening to the client allows the caregiver some quality time away.
- Personal care: Bathing, shampooing, skin and mouth care, shaving, dressing, and walking so that the care recipient presents less responsibilities that day for the caregiver.
- Homemaking: Meal preparation, shopping, cleaning, laundry, allowing a needed break.
- Skilled care services: Administering medications, providing therapy and noting changes in the loved one's condition so that care is consistent and notes are maintained by professionals.

**Hillendale Home Care** offers respite care to provide family members with some time off and peace of mind knowing that their family member is being well cared for. This allows for a more healthy family relationship and time for the caregiver to focus on his or her own personal needs. Contact us to learn more about how we can assist.

*Sources: HelpGuide.org, Eldercare.gov*



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