



# OLV HEALTH & WELLNESS MINISTRY

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## Respite Care

Respite refers to a short time of rest or relief. It allows the caregiver a break from day-to-day duties while the person with dementia receives care from qualified individuals. There are many different ways and settings in which respite care can be provided. It can be very beneficial to the health and well-being of the person providing care, as well as the person with dementia.

### Types of services that provide Respite Care:

#### **In-Home Respite**

Provided in the home by professional caregivers or trained volunteers; they can be employed privately or through an agency, either private, non-profit or government funded. In-home respite care can be provided as needed based on the needs of the person with dementia and the care partners. Services may include: companionship, personal care, homemaking or skilled care. The service provider will spend quality time with the individual and allow the caregiver time to shop, rest, or pursue other activities of choice outside of the home or at home. An interview guide for hiring in-home aides is in the Caregivers' Corner of [www.miseniors.net](http://www.miseniors.net).

#### **Adult Day Centers**

These centers offer group respite care that is provided outside the home and designed to meet the individual needs of the participant and to support strengths, abilities, and independence. Throughout the day, participants have the opportunity to interact with others while being part of a structured environment. Daily activities may include music, recreation, discussion and support groups. Hours of service are often open 7-10 hours per day, five days per week. Transportation may be available.

#### **Residential/Overnight/Out-of-Home Respite Care**

Residential facilities may allow the person with dementia to stay overnight, for a few days, or a few weeks. Many Hospitals and nursing homes have specialized units for this purpose. In some areas, assisted living facilities and adult foster care homes may have beds available for families seeking short-term residential respite care. Advanced planning may be required, as medical tests may be needed before the person can be admitted as a short-term resident. There are a variety of providers, some may be licensed, others may not be. This may affect the length of stay, and required medical planning.

#### **Informal Respite Care**

A family member, close friend, neighbor, or church volunteer can provide respite care. A trustworthy **and caring person can give you some time to run errands or just take a break.**

#### **Respite Care for Emergency Situations**

Unexpected events occur now and then, such as an accident, surgery, or long-distance trip. It is helpful to plan ahead in case an emergency does happen.

We are our brother's keeper. "Blessed are the meek, for they shall inherit the earth.

*References: Area Agency on Aging, [www.TheSeniorAlliance.org](http://www.TheSeniorAlliance.org); [www.aaa1b.com](http://www.aaa1b.com) 1-800-852-7795*