

Disability Campaign.org

Respite Care

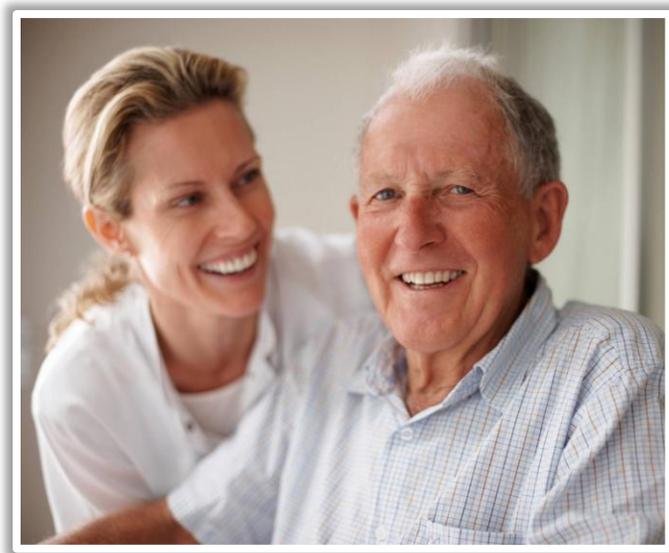


Image: Alameda Elder Communities

Being a caregiver can be rewarding, but it also can overwhelm you physically and emotionally. Because your loved one needs your time and care, it can be hard for you to spend time with your family, friends and find time to care for yourself. It is extremely difficult to do it all on your own and you probably need help. Respite care is there to aid you and your loved one who is ill or has a disability. It will give you a break, and help you regain energy and strength. A few hours of respite care can allow you to run errands, be pampered, work outside of the home — or even take that much needed nap. Ultimately, respite care is there to provide temporary relief. There are two types of respite care services: in-home and out-of-home respite care.

In-home respite care

- Can be a voluntary or paid service
- Patient can stay in his or her own home
- Professional services include personal care providers, nurses or trained babysitters
- Respite caregivers assist the patient with his or her personal/medical needs

Out-of-home respite care

- Day programs, including those that provide practical life-skills for those with disabilities
- Retreats and summer camps, including those open to the family as a whole
- Day or evening programs open to community and provided by religious, health and public organizations



Image: Joni and Friends

When considering a respite caregiver or program, make sure you find the right person who has your loved one's best interest at heart. Below is a list of steps that you should take before selecting a respite caregiver.

1. Conduct an interview.
2. Talk to the caregiver or program director about your loved ones needs, as well as your.
3. Discuss tasks, schedules and payment if applicable.



Image: GTIndependence.com

4. Upon explaining caregiving needs, ask the person if he or she is comfortable performing those tasks. Honesty is important so that your loved one receives the best care.
5. Request personal references or check the program's reviews.
6. Obtain a background check if someone will be offering care in your home.
7. Allow your loved one and the caregiver to meet prior to coming to a final agreement.
8. Keep a written record of all correspondence and copies of receipts.

To find respite care near you, visit the ARCH National Respite Locator website at <http://archrespite.org/respitelocator>. Also consider respite programs that give caregivers a break while still encouraging family unity, such as Joni and Friends Family Retreats.

For assistance with funding, check with your state and local community. Financial assistance may be available to families who qualify through government programs. Other nonprofits and private organizations, such as the Woodward Respite Care Fund (<http://woodwardrespitecare.org>), offer financial assistance and encouragement to caregivers.

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