



# Respite Care

Respite care is an essential element of caring for a loved one.

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Respite care programs provide time-limited breaks to those who are caring for loved ones who might otherwise require permanent placement in a facility outside the home. Models for respite care include in-home respite, therapeutic adult day care, specialized facility respite, emergency respite and companion services.

Many families feel committed to caring for their loved ones at home, and the experience is a source of joy. However, the physical, emotional and financial demands on the family caregiver can be overwhelming without support, such as in-home respite care. It is essential to address the needs of family caregivers who make it possible for the care receiver to stay at home. Care giving challenges that can be, at times, exhausting and disheartening for the whole family can be relieved by bringing respite care into the home.

Respite is the service most often requested by family caregivers. Three fifths of family caregivers age 19-64 surveyed recently by the Commonwealth Fund reported fair or poor health, one or more chronic conditions, or a disability, compared with only one-third of non caregivers of the same age. In-home respite has been shown to help sustain family caregivers' health and wellbeing, avoid or delay out-of-home placements, and reduce the likelihood of abuse and neglect.

Respite care is an essential element of caring for a loved one. It allows family caregivers to restore balance to their lives and to the family dynamic. Specially trained, professional caregivers, like the home health aids and homemakers at Approved Home Health, can be trusted to provide that essential respite and ensure that the care receiver is safe and comfortable while the family caregivers is away.

Family caregivers responding to surveys report positive affects of taking a break to go out to dinner or partake in another enjoyable activity for a few hours, knowing their loved one is well cared for at home. Respite is an overlay of care that maximizes support for the whole family, and it is provided by experienced professionals at Approved Home

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