



Caregiver's Answers, Topics, and Helpful Information

In an effort to continually assist caregivers in their search for pertinent information regarding eldercare, our Family Caregiver Support Coordinator addresses topics of most frequently asked questions via Caregiver's Answers, Topics and Helpful Information (**CATHI**). Additionally, caregivers are also invited to e-mail individual questions to the Family Caregiver Support Coordinator at caregiver2@senior-resources-guilford.org.

HELP! I need a break! How can I find respite care?

Caring for yourself can be one of the most important things you can do as a caregiver. The person you care for can benefit more, if your personal needs are taken care of. Respite care provides the family caregivers with temporary relief from their day-to-day tasks, which can vary from a few hours to several weeks. Respite services can be provided through in-home care agencies, adult day services, facilities that allow short-term stays, individuals you hire directly or from friends and relatives who are willing to volunteer.

Respite assistance is part of many caregiver support programs, including the Family Caregiver Support Program (FCSP) available from your local department on aging. In addition, many private or nonprofit organizations offer fee-for-service respite assistance, including, in-home assistance, a short-term stay in an assisted living facility or nursing home, or adult day services. Some communities have volunteer respite care to provide companionship, protective supervision, and other assistance.

You don't have to wait until you are overwhelmed and exhausted or until your health is failing. Respite services, as well as support groups with other caregivers and help from your family, can be valuable. Reaching out for help when you need it is an important job. There are 7 benefits of respite care. These include:

1. Renewal and Relaxation- Taking a walk, visiting a museum, or doing something that can decrease your heart rate and improve your mood.
2. Energy- To be effective in your busy life, taking time to re-energize can be important.

3. Space- Getting away from your caregiving situation for even just a few hours can help you relax and bring a renewed sense of purpose.
4. Pleasure- As a caregiver, you must remember that you have the right to enjoy life. You have no reason to feel guilty.
5. Identity- You must be purposeful in maintaining your sense of self. You are important, too!
6. Perspective- Time away from caregiving allows you to see more clearly and keep things in proper perspective. You might even think of better ways of doing things and other resources you can tap into.
7. Engagement- Social isolation can be a huge problem for caregivers. It is important to take time to engage with your friends and family by sharing lunch, taking a shopping trip, or doing whatever give your personal enjoyment.

You deserve a break! Unless you are Superman or Wonderwoman, it is important to remember that you can't do it all. Be realistic, this will benefit you and your loved one. Seeking help is a responsible thing to do. Respite care can provide you with a feeling of revitalization and refreshment that can keep you whole- physically and mentally- and enable you to be a better spouse, parent, caregiver, and person. Call your local Family Caregiver Support Program to find about the services offered in your area.

The information in this article was adapted from Family Caregiver Alliance, caregiver.org, by National Center on Caregiving, 2018.

The information in this article was adapted from The 7 Benefits of Respite Care: A Physical and Emotional Oasis for Caregivers, by Saunders House: Main Line Senior Care Alliance, March, 2015.

***If you would like to join our mailing list to learn more about programs and services available to you contact our Family Caregiver Support Coordinator at caregiver2@senior-resources-guilford.org**

For referrals to community organizations in Guilford County that assist older adults and caregivers, contact Senior Resources of Guilford's SeniorLine at (336) 884-6981 in High Point, all other areas (336) 333-6981 or the Caregiver Support Coordinator, at (336) 373-4816 in Greensboro or (336) 883-3586 in High Point.

