

# Respite Care

Respite care can help caregivers recharge and increase the overall care that a loved one is receiving. It offers the caregiver a break to attend to other obligations that the caregiver may have within their life demands.

## What is respite care?

Respite care provides short-term, temporary relief to those who are caring for a family member or loved one.

## Formal and informal options

There are several options when searching for respite care. Informal options may include having a friend or family member help out during certain times. Formal options are available too and can include home health care agencies or structured services. There are also in-home and out-of-home respite care options which may include:

### In-home respite care

- Family member to provide support or relief
- Online caregiver communities and video workshops
- Volunteer or paid companionship
- Personal care or skilled health assistance

### Out-of-home respite care

- Adult day programs
- Residential respite care
- Caregiver support programs

## Types of respite care

**Family and Friends:** Accept help from people who have offered to support you in the past. They may be able to assist for a couple of hours either one time, or more frequently. Knowing that a relative or a friend is taking care of your loved one may offer you piece of mind.

**Volunteers:** Many different community programs exist to provide relief for caregivers. Check with local senior centers, churches and community organizations to locate services that may meet your needs. Volunteer programs are typically free of charge, however you may be asked for a small donation towards the organization or charity of their choice.

**Home Health Care Agency:** Home health care agencies offer various levels of care ranging from companionship services to skilled nursing care. Often respite care is included in the available service and some insurance agencies will cover the cost of respite care. If respite care is not covered by insurance, you may choose to pay privately.



**Adult Daycare Centers:** Adult daycare centers can provide respite care in a social environment for several hours per day. Most centers provide recreational activities as well as various levels of care and services. Some centers have specialized programs to accommodate the needs of individuals with dementia. The cost for adult daycare centers vary.

**Residential Facility Care:** Assisted living facilities or nursing homes are typically used for respite care for an extended period of time. Residential facilities offer nursing care, medical supervision and social activities in a safe environment.

**Hospice Programs:** Hospice programs provide respite services for those who are enrolled in a hospice program. Care may be provided in a home or in a residential facility.

## Resources

**The National Alliance for Caregiving**  
[www.caregiving.org](http://www.caregiving.org)

## HelpGuide

[www.helpguide.org/topics/caregiving.htm](http://www.helpguide.org/topics/caregiving.htm)

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