



Southern Caregiver Resource Center

Caring for those who care for others

Fact Sheet: **Respite Care**

What is respite care?

Literally, respite is defined as a temporary delay or rest. For the caregiver, respite is specifically defined as substitute care or supervision of their loved one, allowing the caregiver a break from the stresses of everyday care.

Why do I need a break from caregiving?

Some caregivers are reluctant to acknowledge the strain associated with the many tasks, responsibilities, and long hours devoted to the caregiving role. Many feel overwhelmed or burned out. It is important not only to give yourself credit for the work you are doing as a caregiver, but also to arrange support and a break or respite from daily duties and responsibilities.

While each caregiving situation is different, caregivers are likely to experience enormous stress from their responsibilities in caring for a loved one. Many individuals become depressed or anxious and others report physical ailments associated with the stress of caregiving. For this reason, finding practical ways to cope such as utilizing respite are especially important.

How is respite care provided to the caregiver?

Home Care: In-home respite care can be provided by an individual or through a home care or home health care agency. An in-home respite worker can provide companionship and supervision of the care receiver, plus assistance with personal care such as bathing, dressing, and grooming. The worker may also provide light housekeeping, meal preparation, and medication reminders.

Adult Day Care: Respite care may be provided outside of the home in a protective group setting such as a social day care or adult day health care center. These centers provide a range of services from non-medical supervision and assistance in a social setting to therapeutic, health and social services with medical personnel available. Some programs are designed especially for persons with dementia or Alzheimer's Disease, while others are for frail elders or people with disabilities.

Residential Care: Respite may be provided in a care facility. The type of facility depends on the care receiver's cognitive abilities and physical care needs. Some facilities are designed especially for persons with dementia or Alzheimer's Disease.

- ***Assisted Living Facilities*** offer rooms or apartment style accommodations while providing daily supervision and assistance

with personal care, medications, social activities, and transportation.

- **Residential Care Facilities/Board & Cares** are small group homes that provide supervision, assistance with personal care, and some social activities.
- **Skilled Nursing Facilities** offer continuous nursing services and are designed to provide high levels of personal and medical care.

Informal Care: Family members and friends can provide respite by spending time with the care receiver. Local organizations or social service agencies may also provide friendly visitor or senior companion services by volunteer caregivers.

How do I pay for respite care?

Typically, respite care is paid for privately. Limited financial assistance may be available through select insurance programs, government agencies, Veterans' benefits, and non-profit organizations.

Resources

Southern Caregiver Resource Center
3675 Ruffin Road, Suite 230
San Diego, CA 92123
(858) 268-4432; (800) 827-1008 (in CA)
E-mail: scrc@caregivercenter.org
Web site: www.caregivercenter.org

Southern Caregiver Resource Center offers free support services to caregivers of adults with chronic and disabling conditions in San Diego and Imperial counties. Services include information and referral, needs assessments, care planning, family consultation, case management, individual counseling, legal and financial consultation, respite care,

education and training, and support groups.

County of San Diego

Aging and Independence Services

(800) 510-2020

(800) 339-4661 (outside of San Diego)

[http://www.co.san-](http://www.co.san-diego.ca.us/hhsa/programs/ais/)

[diego.ca.us/hhsa/programs/ais/](http://www.co.san-diego.ca.us/hhsa/programs/ais/)

AIS provides services to older adults, people with disabilities and their family members.

Eldercare Locator

<http://www.eldercare.gov/>

Provides links to state and local Area

Agencies on Aging and community-based organizations that serve older adults and caregivers.

Recommended Reading

Fact Sheets

Caregiving 101: On Being a Caregiver

Caregiving at Home: A Guide to Community Resources

Hiring In-Home Help

Home Away From Home: Relocating Your Parents