



Strategies for Successful Respite Care

Finding and implementing respite care sounds like a lot of work! Relief and revitalization is not just important for you, it benefits all involved in the caregiving process.

Following these 6 tips can ease the process:

- **Plan and schedule frequent breaks.** Respite is not just a service—it is an outcome that requires regular relief.
- **Use checklists to teach providers about your care recipient's schedules, likes and dislikes.** Offer suggestions for handling behaviors.
- **Make back-up plans.** Always keep a list of resources. Unplanned emergencies should not prevent you from taking care of yourself.
- **Evaluate often.** Observe your care recipient before and after respite sessions. Ask for brief updates and more detailed reports regularly.
- **Expect changes.** Respite care is a process that often requires fine-tuning. Anticipating and accepting changes in personnel or programs can keep you from becoming discouraged.
- **Attend your support group regularly.** Structured and informal groups allow you to meet others in situations much like yours. You can talk, vent, laugh, and exchange tips with people who understand. If you can't easily leave home, online communities, message boards and forums can provide much-needed support.

Consider At Home Personal Care for additional assistance needed in your area.

Contact us today for a free, confidential assessment.

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