



Respite is an Important Part of Caregiving

WHAT IS RESPITE?

Respite for a caregiver means taking a well deserved break from caregiving responsibilities. It is one of the most needed services a caregiver can benefit from. Respite services strengthen the family while protecting the health and well-being of both caregivers & care recipients.



What Are The Benefits of Respite for the Caregiver?

- Supports Family Stability
- Improves the Well-Being, Health & Confidence of the Caregiver
- Reduces Stress
- Reduces Caregiver Burdens



Making the Most of Caregiver Respite Time

Respite can reduce stress, build caregiver confidence and improve the well-being of a caregiver.

Plan respite time that suits you best.

Choose activities which you enjoy doing.

Rediscover life activities or hobbies you enjoyed before caregiving.

Aim for time to simply relax or rest.

Reduce stress and gain maximum benefit by using your respite time regularly.

Caregivers who use their respite time to do what they truly enjoy, often feel less burden & more satisfaction with their caregiving role.

Contact WPCOG Area Agency on Aging Family Caregiver Support Program for more information about respite.

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