

Respite Tips for Family Caregivers:

Ask any caregiver who has been at it for any length of time, and you will learn that their own health has suffered when they failed to take proper care of themselves. Respite care is one way in which the caregiver can get this needed break, and hopefully do it without that old GUILT feeling creeping in. By taking care of you, and recharging your own batteries, you are ultimately taking care of your loved one. There is no need to allow guilt into the picture. All this will do is prevent you from reaping the full rewards of a true respite.

Respite care can be anything from a few hours a week, to longer periods of up to two weeks or longer in some cases in order to provide care to a loved one while the caregiver takes a break. Respite Care provides caregivers the opportunity to:

- * Take a vacation.
- * Have a weekend getaway.
- * Attend to home or work responsibilities that have been building up.
- * Recharge their energy to be better prepared to provide the attention and patience required on a daily basis.

Think about these principals to ensure your guilt-free respite:

- *I am entitled to take care of myself.
- * I am worthy of a break.
- * I am showing my commitment to my caregiver role when I take steps like respite care to ensure that continued quality care is delivered to my loved one.
- *It is OK to relax and enjoy other aspects of my life.

Homecare help ease your burden.

Caregivers can help with: respite care, socialization/companionship, homemaking, transportation to medical appointments, grocery shopping/running errands, medication reminders, stand-by showering assistance, downsizing/decluttering/organizing; meal preparation, laundry/linen change and plant care.

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