

**FAMILY CAREGIVER SUPPORT NETWORK**  
FOR FAMILY MEMBERS AND FRIENDS WHO HELP OR CARE FOR OLDER ADULTS

Wouldn't it be nice to **pause**, get a **reprieve**, find **relief** or take a **break**?

**That is Respite!**

Do you find yourself losing interest in things you once enjoyed, having problems falling or staying asleep at night, becoming anxious or irritable, having a lack of concentration and patience or getting sick more often than usual? Are you neglecting other relationships so you can caregive, missing out on family events or putting off your own medical needs because of your caregiving responsibilities?

Caregiving can be rewarding, it can bring about closeness, love and appreciation. But it can also be stressful, exhausting and frustrating. It is easy to lose yourself while taking care of someone else. Taking a temporary break can protect your health and mental well being; allowing you to return to your caregiving role refreshed, renewed and fulfilled. These caregiving breaks are often called **Respite**. They can happen in the home or in the community depending on your unique needs.

Using in home help through a personal care agency can provide relief when you have too much on your plate. A little extra help can go a long way!

Taking Advantage of adult day centers can provide time for you to pick up old hobbies, join a club or team, or just have a "me" day every now and then.

Having your loved one stay in overnight respite can be a great option if you need to be out of town for a family or work event or need to recover from a surgery or medical procedure.

There are other small ways you can find relief from some caregiving duties. Looking into a life line telephone monitoring system, medication dispensing device, or small home modifications may be an option. Exploring transportation resources in your area, taking an educational course or attending a support group may also be beneficial. If you are caregiving at a distance or travel frequently, a geriatric care manager could be helpful.

Not sure where to start? Call Interfaith's Family Caregiver Support Network **(414) 220-8600** to learn about and discuss:

- Various types of care available and how respite can be tailored to meet your needs
- Services and places available to take care of your loved one
- Possible assistance through a respite grant; generally there are no income requirements
- Other caregiver support and resources