



# A Plan for Senior Care's Guide To Respite Stays

Do you need a break? Do you have a trip planned? Is your loved one unsure about making a move into assisted living? Families have many reasons for needing extra help when caregiving for a loved one. A respite stay in an assisted living community can be just the answer.

A respite is a short-term stay at a senior assisted living or memory care community. A stay is typically for two weeks up to 1 month. Knowing that your loved one is well taken care of will alleviate stress and allow you to take care of other issues.

## ***Some Reasons A Respite Stay Is Needed***

***Taking Care Of The Caregiver: Taking care of a loved one is rewarding yet it can also be very draining. It is important to take care of the caregiver's needs along with the senior in need. A respite stay can give the caregiver a chance to renew his/her energy, take care of his/her medical needs and focus on oneself.***

***Recover From Surgery Or Illness: Often after surgery or an illness a senior may need more care and supervised attention. A respite stay can provide the safety, care, and housing to help the senior recuperate.***

***Staying While Family Is On Vacation Or Traveling: Families who are caregiving often find themselves in need of help when they travel for business or pleasure. A respite stay in a community provides the supervision, care and housing needed. Often the senior feels it is a vacation as well with all of the entertainment, outings and amenities offered.***



***Respite While Home Improvements Are Happening: Having a loved one go for a respite stay allows time for a home to be cleaned, de-cluttered, have repairs done, remodeled or made safe. The senior will be away from the noise, stress, and mess of the home improvements.***

***Try Out The Community: Some seniors are unsure if they are ready to move into a senior community, or they are unsure where they want to live. A short term stay allows the senior a chance to experience the community and make an educated decision.***

If a respite stay is something, you would like to consider please call and we can discuss and arrange this option for your loved one.

***If your loved one is struggling at home to care for her/himself and you would like to explore senior care and housing options, please give us a call today. We would be happy to create a personalized care plan for your loved one.***