

# WHAT IS RESPITE CARE? WHY IS IT IMPORTANT?



**CARE** *Patrol*™

Your Partner In Senior Care Solutions



## Finding the **Right Care** Option

Since 1993, CarePatrol has partnered with families to find the right care solution for their loved ones, including Assisted Living, Independent Living, Memory Care, In-Home Care, Nursing Homes and more.



**Considering senior care options?**

**We are your partner in the process.  
Contact us.**

## Our Trusted Experts Are Here to Help.

For many, the challenges of caring for an elderly chronically ill, or disabled family member are simply a part of daily life. Caregiving is a demanding job and no one is equipped to do it alone, but respite care can help. Respite care provides short-term breaks that can relieve stress, restore energy and promote balance in your life. There are many respite care options available to support you and your loved one. At CarePatrol, we work with assisted living communities in order to provide a respite stay for families. When thinking about respite care, consider the following.

- Seeking support and maintaining your own health are key to managing your role as a caregiver.
- Using respite care before you become exhausted, isolated or overwhelmed is ideal.
- Respite care will provide assistance with activities of daily living including bathing, dressing, personal hygiene and social interaction.
- Respite care allows you to share the responsibilities for caregiving and allows you to get support for yourself.
- Identifying your loved one's requirements, abilities and preferences will also help you find the right care match.

**Discussing questions with CarePatrol will help you determine which respite options to pursue. We are your partner in the process. Contact us.**



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