

# What is Respite Care?

Respite care is short-term care that provides relief for a primary caregiver.

Caregiving for a loved one living with Alzheimer's or dementia can be overwhelming, stressful and isolating. That's why it is important to take time for yourself. Respite care is a great resource when you need time to recharge, whether it is a few hours, days or weeks.

**16.1 MILLION**

Americans provide unpaid care for people living with Alzheimer's & other dementias\*

These caregivers **PROVIDE 18.4 BILLION** hours of care\*

**NEARLY 60%**

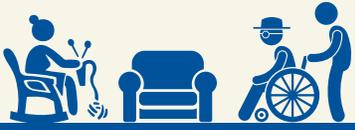
of Alzheimer's & dementia caregivers rate the emotional stress of caregiving as high or very high\*

**AS MANY AS 40%** of family caregivers of people with Alzheimer's & other dementias suffer from depression\*

\* According to the Alzheimer's Association

When you are feeling caregiver fatigue and need a break

When you need to spend some time catching up with friends or family



## WHEN CAN YOU USE RESPITE CARE?

When you have a vacation or trip planned

When you need professional assistance to care for your loved one

When you need to run errands



## Where is Respite Care Provided?

### MEMORY CARE COMMUNITIES



Many memory care communities offer overnight respite care, which allows you to leave your loved one in an environment tailored to persons living with dementia. Mandatory length of stay may vary by location.



**Benefit:** Respite care at a memory care community allows you to travel or take much needed time.



**Cost:** Rates vary and are not covered by insurance or Medicare, although long-term care insurance typically covers this service.

**Bonus Benefit :** If you are considering long-term memory care for your loved one, use respite care as a chance to check out the communities in your area. It's a great opportunity to try out a community before deciding to move your loved one in. Plus, respite care gives people living with dementia a chance to get used to new surroundings before it becomes their home.

### AT HOME SERVICES

There are a wide range of personalized living and home health options that include:



Personal care services for assistance with bathing, dressing, toileting or mobility and transfers



Housekeeping services to help with laundry, shopping or meal planning and prepping



Companionship services



For those who qualify, skilled nursing and therapy services for medication management, medical monitoring, mobility and safety training

**Benefit:**

Personalized living services give you the option to have professionals come to your home and provide as little or as much assistance as needed. If your loved one qualifies, home health services provide skilled care at home.

**Cost:**

Rates for these services vary. Some home health services are covered by insurance or Medicare, if the patient qualifies for such services.

If you are interested in respite care at a memory care community or at home, contact Brookdale to see what is available in your area. You can't take care of your loved one without taking care of yourself first. These services will give you a much needed break, which will make you a better caregiver to your loved one.

**If you want to learn more about respite care and the services Brookdale provides, call one of Brookdale's national senior living advisors at 855-350-3800 or visit Brookdale.com today.**

