

Rethinking the Respite Riddle

res·pite

'respət,rē' spīt/

noun: A short period of rest or relief from something difficult or unpleasant.

So, what exactly does the term "respite" mean to you?

Re-group & re-fuel
No or low cost relief
Provides peace of mind
Relationships with peers
Information or actual care
Both in and out of the home
Care receiver is in good hands
Caregiver is given personal time
Companionship Non-medical care
Alleviates the stress on caregivers
Much needed emotional support
Caregivers can count on "me" time
Available to all family caregivers
Socialization in small communities
A break for the caregivers Volunteers
Vital services An entrusted partnership
Meaningful
Coming together Respite needs in the community are still growing
Accessible, convenient, comprehensive Healthy mind, body & spirit
Caregiver given personal time Social adult day Break Quality time
We need volunteers A priceless asset to my elder abuse program
A few hour of a break without all of those daily caregiver stressors
A volunteer faith-based program When the caregiver most needs it
Can leave home knowing loved one is being cared for Under-utilized
Relieving isolation and loneliness of caregiver or care receiver Inviting
A group of people who care coming together to help Emergency drop-off
Caregivers can work or do the other things they need to do Individualized
A network of churches with volunteers Carefree time off for the caregiver
Bring in a relief pitcher
Needs are being met
An affordable break
Burnout prevention
Respite is a break
Inexpensive
Engaging
Care
Love Caring
A safe haven
Safety for my loved one
Putting faith into action
Teams