

# “R·E·S·P·I·T·E”

The theme for National Family Caregivers Month November 2015 is  
**“Respite: Care for Caregivers”**

Respite – the chance to take a breather, the opportunity to reenergize – is as important as any other item on your caregiver’s to-do list. People think of respite as a luxury, but considering caregivers’ increased risk for health issues from chronic stress, those risks are a lot costlier than some time away to recharge. Respite is the key to your own well-being. Respite protects your own health, strengthens family relationships, prevents burn-out and allows your loved one to stay at home up to three times longer. No wonder respite is one of the most frequently requested support services for family caregivers.

## **R** is for “Rest and Relaxation”

Everyone needs a little “R and R” – especially family caregivers. Relaxing is the best way to return refreshed to handle your many responsibilities as a caregiver.

## **E** as in “Energize”

Caregiving is often round-the-clock 24/7. Respite isn’t simply “getting a few hours off.” It’s necessary to help you reenergize, reduce stress and provide care for your loved one.

## **S** as in “Sleep”

Caregivers often have sleep problems. Address sleep problems and insomnia before they take too great a toll on your health.

## **P** is for “Programs that can help you”

Respite – which can be in the home or out of the home – can be hard to find but there are programs available to help you.

## **I** as in “Imagination”

Let your mind run free; read a book; see a movie. You have been so occupied with the nuts-and-bolts of caregiving that refreshing your mind will actually help you be a better caregiver.

## **T** as in “Take Five”

...or better yet, take ten. Do you find yourself saying, “I wish I had just ten minutes to myself”? Don’t feel guilty. You need a reprieve – a few minutes to temporarily disengage.

## **E** is for “Exhale”

A simple breath in and then a long exhale can help you focus and increase your vitality. A few deep breaths can give you more energy, reduce stress, and lift your mood.

During National Family Caregivers Month, remember...



**“Respite:  
Care for Caregivers”**

