



Respite Care

Respite refers to a short time of rest or relief. There are many different ways and settings in which respite care can be provided. Respite care can benefit both the caregiver and the person receiving care.

Different Types of Respite Care

In-Home Respite

Provided by professional caregivers or trained volunteers; they can be employed privately or through an agency, either private, non-profit or government funded.

Adult Day Centers

Group respite care that is provided outside the home and designed to meet the needs of the individual as well as provide social opportunities, while being part of a structured environment. Services are typically provided five days a week, but you can see if fewer days would be a better fit for your needs.

Residential /Overnight Out-of-home Respite Care

Many hospitals and nursing homes have specialized units for this purpose. In some areas, assisted living and adult foster homes may have beds available for families seeking short term residential respite care. This option may help you take a much needed vacation. Check out a variety of nearby facilities and see what their requirements, fees and availability of services are available.

Informal Respite Care

A family member or a close friend might be willing and able to spend scheduled time with your loved one so you can run errands or just take a break. Many churches have a volunteer program that might work as well.

Respite Care for Emergency Situations

Unexpected events happen and you might need to leave to handle a situation – have a list of reliable family, friends, agencies and facilities who might be able to step in to help should an emergency arise.

Who Pays for Respite Care?

The person with dementia or other care needs or the family usually pays for respite services privately. Medicare does not cover respite care. For in-home services, the fee is usually based on an hourly rate. Be sure to ask about possible sources of financial support. Some organizations offer volunteer companion care and some have a sliding scale of payment options. Contact your Area Agency on Aging for more information.