



## FEATURE ARTICLE FROM Always Best Care

### Respite Care: Giving a Break to Caregivers

Caring for an aging parent can be a very rewarding and fulfilling experience knowing that you are giving back and supporting a loved one. You know that they are safe and well cared for because you are assuming these responsibilities yourself. However, caregiving can also be exhausting, especially if your loved one has dementia, [Alzheimer's](#), or other medical conditions. When you devote so much time to caring for them, you may put your own health and well-being on hold.

Respite care is an opportunity for you to take a much-needed break so that you can be the best caregiver possible. No one should be expected to do it all on their own, and there is nothing wrong with asking for help or admitting that you need some time off. In fact, it shows how much you care about your loved one and want what is best for them. You may opt for respite care services a few hours a week or every few weeks. During this time, you can:

- **Recharge your own batteries**

Use this downtime to take care of your own needs, whether that means catching up with friends over lunch, going to the salon, hitting a round of golf, running errands, going to an appointment, or simply relaxing and taking a nap. Give your mind a break and focus on other important aspects of your life so that you can return to caring for your loved one with more energy and attention.

- **Have peace of mind knowing they're in good hands**

Respite caregivers are well-trained to work with seniors and help them with activities of daily living or provide stimulating companionship. You'll know that while you are doing other things, your loved one is receiving the [care and quality attention](#) they need and deserve. It can be comforting to know that someone else is there to step in and provide continuity of care when you need to step out.

- **Enjoy a change of pace**

Caring for an aging parent can be exhausting and you may get stuck in the same routine. Giving yourself a break changes things up and allows you more time to pursue your own interests. You may decide to sign up for an art or photography class, take Zumba or yoga, or join a recreational sports team. Or maybe you want to explore the local museum or library and have some quiet time to yourself.

- **Gain perspective**

When you step out of your normal routine and have a chance to reflect and think things through, it can give you a clearer perspective. You may realize that your aging parent needs more help or support than you thought. It can be an opportunity to discover additional resources or supports that allow you to better balance your own life and needs with that of your loved one.

Always Best Care provides senior services that can give you the break you need and deserve while ensuring that your loved one is in good hands. In-home caregivers can be a wonderful source of companionship, help your senior stay organized and complete tasks around the home, support meal prep, escort them to activities, ensure they're taking their medication as prescribed, assist with morning or nighttime routines, and much more. You can schedule caregiving for times that fit with your schedule and commitments. Give yourself peace of mind knowing that your loved one is in excellent hands while you're away. Contact [Always Best Care](#) at 1 (855) 470-CARE (2273) to arrange a free consultation and learn more about valuable senior services.