

ABC's of Respite

School for Military Veteran Caregivers and Families

Tips: Important Strategies

- Prior to selecting a respite care provider, take the time to get to know the individual.
- Communicate your expectations to the provider in specific terms, both verbally and written.
- Research adult day care centers to become familiar with the services offered. Visiting the site is also a great idea.
- Become familiar with state and federal funding assistance and sources.
- Respite can be used for anything and it has been proven to sustain the caregiver's health and well-being.
- State licensing may be required for respite providers. If a license is not required, background checks are highly recommended.
- The VA Caregiver Support Line is available to support you. The social workers on staff will provide emotional support and connect you to resources and other needed services.

Takeaways: Things to Remember

- Respite care is a temporary break between the family caregiver and the recipient.
- There are different types of respite care available: formal/informal and in-home/out-of-home.
- Faith communities are a good option for respite, as they often have already established resources, facilities, stable finances, and a wide volunteer base.
- Communicating with the veteran in your life about respite is necessary and beneficial to the relationship.

Next Recommended PsychArmor Course(s):

- Creating a Space for You
- Mantram Repetition

Personal Reflection

How would respite care improve your caregiving experience? What would this care allow you to accomplish?

Resources:



This course was created in collaboration with Southern Caregiver Resource Center. To learn more, click here <http://caregivercenter.org/>. If you like this course and want additional information, contact the VA Caregiver Support Program at 855-260-3274 or online at <http://www.caregiver.va.gov/>. For additional resources, check out <https://hiddenheroes.org/>.

