



HOW TO CHOOSE RESPITE CARE

Respite care is a term used to describe help given to caretakers of those who are disabled or ill or someone leaving a hospital that is not quite ready to be alone in their home. In many countries, the term for this type of care is "short break." It gives caregivers a break from their duties to allow them to relax and have time away from caregiving. In the United States alone, there are more than 50 million households caring for family members who are chronically ill, disabled or elderly. In-home care can be exhausting for the family, but placing the patient in long-term healthcare facilities can be expensive.

Respite care offers an alternative to these options. There are several choices available when it comes to respite care, and several factors you can consider before you choose an option. The main consideration will be whether to choose a facility or in-home care.

Respite care can make a difference in helping you take care of your loved one. If you are a caregiver, you are well aware of how stressful and overwhelming it can become at times. Depending on your personal situation, you may find yourself with little time for yourself, missing out on important appointments, and even neglecting your social life.

Seasoned caregivers know the secret to successful caregiving is finding a balance between providing care and also caring for yourself.

While it may feel like there is no time for you and your needs, it doesn't have to be that way. Respite care is an excellent and often necessary tool for caregivers.

#1 Consider the benefits of a facility.

Continental Manor is a specialized facility with trained and licensed medical professionals who can provide the patient with any daily or emergent healthcare. We also have activities for patients who are ambulatory, or disabled but moderately active. We offer many options of short-term care - anywhere from a few weeks to months.

#2 Ask questions about the facility.

- Inquire as to whether the respite care facility is equipped to handle the patient's particular disability or ailment.
- Discuss the ratio of caregivers to patients.
- Check on the caregivers within the facility. Inquire as to their licensure, and whether they are certified for emergency care. Ask if the staff is screened for drugs and criminal background checks.
- Ensure that the facility is state certified to provide the care.
- Find out what is included in the price of the stay. Ask whether it includes meals, medication and transportation.
- Inquire as to whether the facility accepts insurance, Medicare or Medicaid.

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