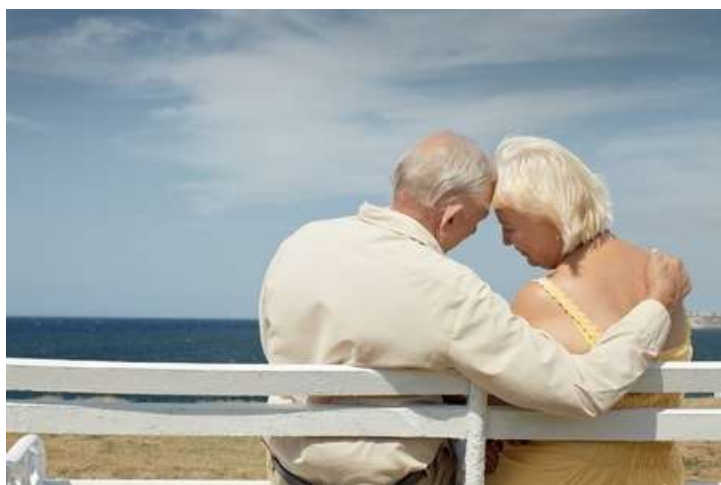




The Gift of Respite Care

The end of the year is typically a time of reflection and recounting events in the past year. New Year celebrations can ring in many emotions, based on happiness, sadness, and other emotions from the past 12 months. This holiday, you may find yourself in a caregiving role for an aging parent, spouse, or loved one. If you do, you certainly are not alone. According to [a recent study](#), approximately 34.2 million Americans have provided some type of unpaid caregiving support to adults over the age of 50. If you are one of those 34.2 million caregivers, we salute you.

Caregiving for an aging parent, spouse, or loved one can be emotionally and physically taxing. By caring for someone else, caregivers often find themselves skipping sleep, making major decisions, and feeling emotionally drained. This year, especially during the emotionally charged holiday season, consider giving yourself the gift of respite care.



What is respite care?

Respite care offers a much needed break to unpaid caregivers. Whether you consider these hours or days a “vacation” from your caregiving duties or simply a time when you can run errands without worrying if Mom is safe, respite services can be a true sanity saver. Respite care services can take place inside or outside of Mom’s home; experienced and compassionate caregiving staff will provide services, companionship, and safety to

Mom while you head off to a business trip or just down the road to your weekly Book Club.

Why do I need it?

Caregiver burnout is a real thing, affecting most unpaid caregivers at one point in their caregiving role. Most caregivers spend over 20 hours per week involved with direct care tasks, in addition to their other fulltime work or other duties. This extra workload, along with the emotional component of caring for a failing parent, causes caregivers to become unhealthy themselves. In fact, over 17% of caregivers rate their health as either fair or poor, compared to only 10% of those that are not involved in a caregiver role.

Caregivers are more likely to become ill or worn out than non-caregivers. They are tired, overworked, stressed out and grumpy. Some caregivers resort to addictive behaviors such as drinking or using drugs in order to sleep better, feel better, or cope with the stress of caring for someone who has significant needs.

Caregivers who make time for themselves are able to sleep better, cope better, and are healthier than those who do not. Respite care is a wonderful way to plan regular breaks into your weekly routine so that you are able to have time for yourself to run errands, pursue a hobby, or just head down to grab a cup of coffee in peace at your favorite shop. When you use [Visiting Angels](#) as your respite care team, we get to know you and your loved one, along with the preferred routines that you have. We will keep Mom cared for and safe during our time together, and over a few hours each week, we will build a relationship of trust with you and your Mom.



This holiday season, give yourself the gift of a few hours away from your role as caregiver. Let us take over while you take a breath. It's a habit that is sure to keep everyone in your home healthy and happy.

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