

Plan Ahead to Make the Most of Your Respite Time

Respite is a short period of time that helps you, as a caregiver, take a break from the stress that can come along with providing care to a loved one. It is a temporary relief that allows you to “recharge your battery” while avoiding burnout. These suggestions below are to help you plan to get the most out of respite time. This is your time - use your imagination, relax and have fun!

Take a day trip

If you are comfortable with your loved one’s caregiver – spend the day away!

- ❖ Dig your toes in the sand and relax at the beach
- ❖ Travel to another city and explore the area
- ❖ Visit family or reminisce with old friends
- ❖ Take in a concert, museum, art gallery, or Broadway show and enjoy a nice lunch
- ❖ Seek some thrills by checking into an amusement or water park with friends or other family members
- ❖ Escape to another world by listening to an audio book on a long drive

Go out on the town

For a few hours while a caregiver looks after your loved one at home, consider:

- ❖ Catching the latest movie that’s just been released
- ❖ Enjoying some peace and quiet while spending an afternoon at the library
- ❖ Pampering yourself with a relaxing massage and/or a manicure and pedicure
- ❖ A lovely dinner at a restaurant with your spouse, friends, or family
- ❖ Going shopping! Browse around your favorite store or treasure hunt a local garage sale
- ❖ Taking a long walk - breathing in the fresh air, observing all the sounds and surroundings
- ❖ A school play or concert and delight in your family members’ talents and performances
- ❖ Attending a church service, a meditation center, synagogue or other spiritual space
- ❖ Taking a seat at a local baseball game. Don’t forget the peanuts and Cracker Jacks!

Staying home

You can get temporary relief even if you stay home. A caregiver can spend time with your loved one in another room while you:

- ❖ Relax with a favorite movie and/or video and enjoy with some hot buttered popcorn
- ❖ Take a long bath by candlelight or a long, soothing, hot shower and a nap
- ❖ Spend time in the garden and/or tinker with a favorite hobby
- ❖ Giggle and play with your children/grandchildren outside in the summer’s green grass or the fresh fallen snow
- ❖ Create a favorite recipe with your spouse or a friend and enjoy a cozy dinner for two
- ❖ Snuggle up with a blanket and a warm cup of coffee or tea. Dive into a book, complete a crossword/puzzle, or catch up on the latest in your favorite newspaper or magazine