

# Caregivers Need Breaks Too: The 5 Benefits of Respite Care

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Caregiving is anything but a 9-to-5 job, which is why it's important to find a way to clock out. Taking time off is nothing to feel guilty about; in fact, time away to regroup and recover is one of the best things you can do for yourself *and* the person you care for.

Respite care, which refers to the temporary care to a care recipient either at home or away from home, is a fantastic way to provide relief for unpaid caregivers. Read on to learn 5 of the ways respite care can benefit you and your loved ones.

Recovery - Caregiving is a demanding, round-the-clock role, which often takes both a physical and emotional toll on the caregiver. In order to prevent burnout, it is imperative to have time away from your duties to care for *you*. Respite care allows you to take a break from caregiving so that you have time to rest, socialize, run errands, remain active and have fun. This keeps you healthy and happy, and helps you to be a more effective caregiver.

Flexibility - Respite comes in many forms; there are options ranging from 24/7 care to afternoon visits, and you can often choose between in-home or out-of-home care. This allows you to find a schedule and environment that best suits your needs and the needs of your loved one.

Peace of Mind - Over the years, families have grown smaller and become more widespread across the globe. As a result, caregivers often worry about who would take their place should they have an unexpected illness or commitment. Respite care silences those worries by allowing you, and the person you care for, to become comfortable with alternative forms of care. Experiencing first-hand the excellent care that is available for your loved one, both in and out of the home, allows everyone involved to face the future with confidence.

Change of Pace - Respite care provides a much-needed change of pace for both caregivers and care recipient. While caregivers get time away to focus on themselves, their loved ones are able to experience new environments and interact with new people. This may be nerve-wracking at first, but it provides an important level of variety and stimulation, which helps boost happiness and combat the effects of aging.

Control - Caregivers may feel anxious at the thought of someone else stepping into their role, but remember that you have control over the situation. You may be able to arrange to meet with the respite worker beforehand in order to get to know them, their experience and their qualifications. You can also watch them interact with your loved one to ensure that everyone gets along and works well together. Respite care does not have to be scary; there are many steps you can take to feel confident about the care your loved one is receiving.

\*You viewed this article on the Caregivers Nova Scotia website [www.CaregiversNS.org](http://www.CaregiversNS.org).  
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