



## Brain Injury Related Services

# RESPITE CARE



WHO

**Caregivers:** Caregiving can be the most *rewarding* time in your life, and it can also be the most *challenging* time in your life. It is important to remember that in order to care for those loved ones that are in need of your caregiving, you must first take care of yourself.

WHAT

**Respite Care** is designed to give you, as a caregiver, a break and to build some independence for the care receiver. That break is provided by a person or an agency that you and your loved one is comfortable with in allowing you and your loved one time apart.

### There are many benefits to Respite Care

WHY

#### ■ Family Unit

- More time spent together
- Improved relationship quality with other family members
- Improved relationship with, and better able to relate to, the care recipient
- Ability to live 'a more ordinary life'

#### ■ Caregiver

- Have time for everyday activities, like sleeping or running errands, and for taking care of own health
- More time to spend with other family members, or friends
- Freedom to do something for themselves, like visit friends or read a book
- Better overall physical and emotional health
- Reduced stress, exhaustion, and anxiety
- Feeling a 'sense of renewal' or relief

#### ■ Care Recipient

- Meaningful, and potentially new, experiences
- Greater independence by spending time away from the caregiver
- Socialization and keeping active (depending on activities during respite time)
- Improved interactions with caregiver (because caregiver is less stressed)
- Increased happiness and self-esteem
- Improved physical and mental health

There are available options for respite care depending on eligibility criteria and individual needs. Options include:

#### The Family Caregiver Support Program:

- Helps eligible caregivers address challenges related to providing 24-hour care.
- Provides services including respite care, information about services and supports, training to assist caregivers to improve their caregiving skills, individual and family counseling, and other services to complement the care provided by caregivers.

#### Home and Community Based Services (HCBS):

- Offers a variety of services and support, including respite, that allow individuals to stay in their homes.
- Services are offered through several programs with varying functional and financial eligibility criteria.

**To find out more information regarding respite care and these programs, contact the Aging and Disability Resource Link I (855) 462-5465.**

**For additional information contact NDBIN's resource facilitation program for assistance identifying needs, finding resources and services, and obtaining education and ongoing support.**

**[www.ndbin.org/resource-directory](http://www.ndbin.org/resource-directory)**



**NORTH DAKOTA  
BRAIN INJURY  
NETWORK**