

# Benefits of Respite Care

Utilizing respite care services may offer benefits to caregivers such as:

- increased mental health
- decreased stress
- higher energy levels
- increased time for hobbies
- greater sense of identity and purpose
- better perspective about your individual situation
- lower risk of loneliness and isolation

**Respite care allows caregivers to catch their breath and reassess their own needs which ultimately minimizes the risk of caregiver burnout.**

