

How to Discuss Residential Respite Care with a Loved One

Your loved one may find the concept of respite care difficult to understand or frightening, but taking the time to prepare them beforehand can reduce their anxiety and reassure them that this is temporary!

Try these tips to guide your conversation:

- explain what respite care is
- explain why respite care is important for you and for them
- tell them that you spent a lot of time finding just the right place and/or person for them
- reassure them that you will continue to care for them after their respite stay and that this situation is only temporary
- explain to them that the respite care company knows all of their needs including medications, medical conditions, and any therapies they receive
- validate their feelings, reinforce that you love them, and answer any questions they have

Additionally, it may ease the transition to:

- Introduce your loved one to the environment and/or people who will be caring for them beforehand