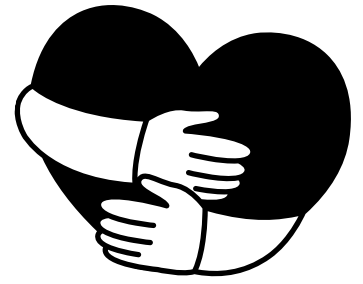


# Types of Respite Care



## **Adult Day Services**

- services provided by establishments such as churches or city-funded community centers
- limited to no medical care provided
- provide social interactions with other seniors

## **Residential Care**

- care from professionals in an assisted living facility or senior community
- can arrange for one-off stays or enroll in weekly or monthly plans

## **In-Home Care**

- professional will come to the home and provide essential care while caregiver is away
- great option if caregiver has out of the home commitments

## **Informal Care**

- non-professional care provided by a trusted family member, friend, or neighbor