

Do I Need Respite Service?

If you are caring for an Alzheimer's individual, please take a few moments to ask yourself the following questions:

- Do I feel I have no time for myself?
- Do I feel Isolated?
- Is it hard to remember the last time I made new friends, joined a club or went on a social outing?
- Do I allow myself enough time for rest and exercise?
- Do I feel dissatisfied with myself?
- Do I feel restless, depressed, tense, worried, angry or inadequate?
- Do I need to see my doctor, but can't find the time?
- Do I feel as though I am constantly making excuses, waiting until, and just marking time?
- Do I hesitate to ask for help when I need it?
- Do I often feel stretched beyond my limits?

If you have answered yes to any one of these questions, perhaps it is time to review your caregiving strategies and to look after your own needs.

Respite - temporary time away from caregiving - can refresh you and enhance the quality of care you are able to provide to your loved one, to other family members, and to yourself.

Remember - you are number one now. If you don't take care of yourself, who will take care of your loved one? Also, if you are stressed out, the quality of care goes down for your loved one. If you don't have some respite care now is the time to call the different health care agencies to see if they provide 24 hour care.

Call your local nursing homes or assisted living facilities to see if they provide overnight or temporary stays. Or ask family members to pitch in. Remember: it's important to take care of yourself!