

How Do You Spell Relief? R-E-S-P-I-T-E

R: Re-fuel, rest, restore your sense of balance and identity." Family care provider is just one of your many roles.

E: Escape - getting out with old and new friends can refresh the spirit, and restore your sense of purpose and energy in continuing to provide -care.

S: Support networks are worth preserving -visit those far-flung children, re-join the church • circle, civic club, card group, or golf club. Attend a support group

P: Plan those precious moments for preferred, pleasurable activities. Maybe an uninterrupted • nap is first on your respite agenda?

I: Integrate time off into your overall care plan - your patient will appreciate your improved• patience.

T: Treat yourself- you deserve a break. No one can provide such high quality personalized long term care any better than you. Your health and well-being are your greatest assets.

E: Eat out with friends - without embarrassing silences, excessive restlessness, or awkward behavior from your impaired relative.