

## **Respite Care: What Is Respite Care And How Does It Work?**

Everyone needs help from time to time, and for the numerous amounts of you providing unpaid care to a loved one, it's ok to need a break.

Sometimes these family caregivers need temporary relief from their duties to prevent caregiver burnout, run errands or simply relax. Maybe there's been a recent surgery or fall, and families feel that their loved one would benefit from professionally trained support they aren't equipped to provide.

Whatever the reason, respite care can help — it allows your loved ones to get the personalized care they need while also providing temporary relief, and peace of mind, for their families.

### **What Is Respite Care?**

Respite care offers short-term care for seniors and comfort for their families. Respite care is a temporary care option for seniors that need assistance recovering from a surgery or performing activities of daily living. Respite care is done through a short-term stay at the Pioneer's Haven.

Respite care at the Pioneer's Haven is like a temporary residence with all of the perks of assisted living. With a short-term stay, your loved one does not need to fully move into the Pioneer's Haven to get the temporary help that they need.

At the Pioneer's Haven, our staff can provide additional support for day-to-day tasks that require attention. You can rest easy knowing that your loved one is receiving the best care available.

Whether individuals are seeking care for a couple of days, a few weeks or a month, respite care services provide the flexibility for seniors to receive the care they need, when and how they need it.

### **How Does Respite Care Work?**

With respite care, our staff steps in and takes over for the family caregiver for a short period. For family members who are also acting as their loved one's caregiver, that reassurance can be exactly what they need to take a well-deserved break from providing 24/7 care.

Respite care services assist those who are gaining strength post-surgery, aid seniors in health recovery, and provide hospice care where families can stay right with their loved one and more.

No matter the circumstance, respite care ensures that families have peace of mind that their loved one is receiving personalized care.

## What Are Respite Care Services?

Respite care might be a great fit for you or your loved one if you find yourself in need of any of the following services:

- 24/7 assistance
- Wake-up assistance
- Nighttime checks
- Cooking
- Activities
- And more

## The Benefits Of Respite Care For The Elderly



## **Respite Care Offers 24/7 Services**

Respite care is frequently recommended for seniors who are recovering from surgery or a hospital stay. Respite care is beneficial during these times of need.

Respite care for the elderly often includes assistance with activities of daily living, such as meal preparation, nighttime checks, wake up calls, activity assistance and more. By offering assistance with a variety of services, seniors and families can focus on what's most important: a smooth recovery.

## **Respite Care Provides Short-Term Care**

Respite care is not only intended for those recovering from surgery or hospital stays; it can be a great resource for any senior in need of temporary care. Whether they're traveling out of town, running errands or simply need additional support, respite care allows families the flexibility they need with short-term care for their loved one.

## **Respite Care Services Give Family Caregivers Support**

Many family members act as their loved one's caregiver, and while it's rewarding, providing 24/7 care can be overwhelming. It's important that family caregivers take care of their health too. Respite care can help your loved one get the care they need while you spend time caring for yourself.

Respite care through a short-term stay at the Pioneer's Haven is a great option for caregivers that need temporary relief from their duties to take a vacation, travel for work, or go to appointments.

## **Pioneer's Haven Offers Respite Care**

Many people don't realize that the Pioneer's Haven offer short-term care. Provided within the home-like environment of a senior living community, respite care offers individuals the all-inclusive support they need, regardless

of their situation. Some highlights of respite care in a senior living community are:

- Companionship
- Supervision and security
- Dining services

Our respite care services are designed to meet the specific needs of the wonderful residents that we serve and provide an environment where they can recover and enjoy life in our community.

To learn more about respite care, or our other living options for loved ones, give us a call today at 306-834-5255 or visit [pioneerhaven.ca](http://pioneerhaven.ca)