

## **Respite Care Frequently Asked Questions & Concerns**

### ***What is respite care?***

Our respite relief program is designed to provide the primary caregiver with time free of patient responsibility to help alleviate stress that comes from being the primary care provider and an opportunity to explore possible solutions for long-term care needs.

### ***Who will provide this care?***

The California Central Coast Chapter of the Alzheimer's Association has respite hours available, funded in part by the Ventura County Area Agency on Aging, to provide respite care for those caregivers who are caring for a loved one with dementia. The Alzheimer's Association will provide this service to those who are 60 years of age or older with dementia in the Ventura County area. The Association works with several professional Ventura County health care agencies to provide respite care to families.

### ***What will the caregiver do?***

The respite caregiver does patient specific duties that contribute toward the care and well-being of the client. These may include ambulating and transfer assistance, positioning in bed, bathing, skin care and personal grooming, shower assistance, range of motion exercises, incontinence care, meal preparation or companion care.

### ***How long can I have respite?***

The Alzheimer's Association may provide through grants temporary respite care up to 29 hours once a year depending on type of respite needed.

### ***How can I get this service for myself, a friend or relative?***

For any respite authorization an Alzheimer's Care Consultant will visit the home and interview the caregiver. After the interview the Alzheimer's Association will send an authorization to one of the agencies we partner with for respite services. The caregiver will then be contacted by the assigned agency to set up a time and date for respite to begin. The Alzheimer's Association will follow-up with you to make sure respite is working for your needs. Please give us a call at 805- 484-6028 if you know someone who is caring for a person with dementia.