

What is respite?

Do you serve as an unpaid family caregiver to an older adult age 60 or older or to a person with Alzheimer's disease or a related dementia regardless of age?
Do you need time off to relax or take care of other responsibilities?

Respite care may give you some temporary relief. Respite is defined as a period of temporary rest or short-term relief. Respite will give you the break you need while ensuring that your loved one is still receiving the attention that he or she needs.

Respite may be provided in the home, adult day centers or residential care facilities.

Caregiving may:

- Impact your health.
- Be emotionally stressful
- Take time away from friends and other family members
- Create financial challenges
- Impact your ability to work

Benefits of Respite:

- Alleviate caregiver stress
- Improve physical and emotional health of the caregiver
- Help caregivers maintain their own identity
- Improve the ability to continue providing care
- Prevent or delay expensive or unwanted out-of-home placement
- Provide comfort to the care recipients, knowing that their caregiver can take a break

Respite services are targeted to those individuals in greatest economic and social need. Contributions toward the cost of the service are requested to help provide services to more caregivers in need of assistance. A sliding scale is used to determine the contribution based on the care recipient's household income. A PCOA Case Manager will discuss the cost of the service with the caregiver to determine the requested contribution. No one is denied service based on their ability to pay.

Contact the PCOA Helpline at **520.790.7262** to apply for respite.

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