

# HomeTimes®

America's Choice In Home Care

Your resource for an at home senior lifestyle.



## Respite Care: A Cost-Effective Home Care Option

As seniors across the nation continue to age and live longer, the level of care they need is increasing. Family members of older loved ones can buckle under the enormous pressures of senior caregiving. Responsibilities may include housekeeping, emotional support, medication management, legal and financial supervision, and more.

Unfortunately, “caregiver burnout” is sometimes a consequence if these tasks are handled alone without assistance.

Respite care is an ideal solution for family caregivers needing a much-deserved break or helping hand from a professional home care provider. While it does not replace family care, it is used as a supplement to ensure your loved one gets the devotion and support they need. Respite care is available for as little as a few hours—or a day or two—via a qualified home care agency.

### What are the Benefits of Respite Care?

Despite all the love that goes into caregiving, a family member may need time off from their duties because of personal appointments, vacations, work, illness, and other commitments. Family caregivers can hire a highly trained respite care professional who will come to their older loved one's home.

A respite care professional enables family caregivers to take a break or manage other obligations as their loved one receives the best care at home.

The benefits of respite care provide seniors with companionship and personal care and assist with laundry, housekeeping, meal preparation, medication reminders, and everyday activities such as dressing, grooming, and bathing. Respite caregivers can also provide specialized assistance for specific conditions, including Alzheimer's disease and dementia.

### Respite Care Can Be Cost-Effective

Families pay for respite care only when they need it, making it easier to meet care needs without unnecessary expense.

For example, respite care may be required one day a week on an ongoing basis, one day a month, or once in a while for a morning or afternoon. Families can also use respite care to ensure their loved one receives dedicated attention and support if the primary caregiver travels for work or goes on vacation.

Visiting Angels offers comprehensive and affordable respite care services provided by dedicated in-home care professionals. Each office across the country has a representative who will meet with individuals to discuss respite care needs and provide a complete home care cost estimate.

If respite care needs change, a Visiting Angels' home care agency will work with families to accommodate any temporary or long-term changes. Families may also request the same Visiting Angels' caregiver.

Personal health maintenance is critical for family caregivers. Respite care is one way they can effectively manage their loved one's needs as well as their own well-being at the same time.

**Consider respite care from Visiting Angels to decrease the risk of burnout and ensure your loved one receives the best compassionate care. Contact your nearest Visiting Angels office today at 800-365-4189.**



## More Millennials Taking on the Role of Family Caregiver

Millennial children and grandchildren have been thrust into the vital role of senior caregiver as the current baby boomer population ages. An estimated 10 million millennials (ages 25 to 40) are the primary supports for an aging loved one in the United States. This accounts for 1 in 4 family caregivers, according to a 2018 American Association of Retired Persons (AARP) report.

Many millennials are realizing how much personal attention their mothers, fathers, or grandparents need and, therefore, are assuming care responsibilities themselves.

### *Millennial Caregivers Face Challenges*

Caring for an elderly loved one can be tough for anyone, but millennials are encountering some of the following common issues when providing care for their elderly parents or grandparents:

#### **1. Stalled Careers and Delayed Higher Education**

Millennials are significantly more likely to be caregivers while simultaneously working or pursuing higher education. They're also likely to be less advanced in their careers than older caregivers. This can lead many young caregivers to feel uncertain about discussing their need for a flexible schedule with an employer or college. In fact, some may delay their education or refuse a job promotion with these challenging responsibilities.

#### **2. Financial Instability**

Around 53 percent of millennial caregivers also work full-time, and a significant portion of their income—averaging at 27 percent—goes into caregiving expenses, far more than any previous generation of caregivers.

#### **3. Strained Mental and Emotional Health**

While caregiving can often be emotionally rewarding, it can also cause significant emotional strain. Burnout and stress are reported to be high among millennials.

## *Care Resources for Millennials Caregivers*

More caregiver support networks are beginning to focus on millennials. Visiting Angels' home care, for example, helps relieve some of the burden millennials may experience and enable them to focus more on their personal lives, education, and careers without feeling they're neglecting their elderly loved ones.

In-home care offers the following support:

### **Housekeeping**

An in-home caregiver can help millennials reduce the time taking care of housekeeping chores and increase the amount of time they spend with their loved one.

### **Transportation and Scheduling Assistance**

An in-home caregiver can help seniors keep vital doctor appointments and make arrangements for a ride to and from appointments. In-home caregivers can also help seniors on public transportation, and accompany them on leisure activities, such as going to a park or a neighbor's house.

### **Monitoring for Symptoms and Side Effects**

For older adults with chronic conditions such as diabetes or arthritis, having someone around to make sure they aren't experiencing serious symptoms or side effects is important. If an elderly loved one falls or has a medical emergency, an in-home caregiver can request additional medical help immediately and make sure they get the care they need.

### **Medication Reminders**

In-home caregivers will remind a senior to take their recommended medications, giving family members peace of mind.

### **Emotional Support and Socialization**

An in-home caregiver can regularly spend time with a senior to reduce their feelings of loneliness and improve their mental and emotional health.

### **Respite Care**

Taking a break from being a caregiver, while leaving their parents in good hands, can give millennials the time and energy to take care of their own needs, reduce the strain on family relationships, and allow them to live their own life.

If you need home care assistance for a loved one, contact your nearest Visiting Angels location today. Our coordinators are available to discuss how our compassionate caregivers can make a difference during a free home care consultation.

**Consider reaching out to your local Visiting Angels for more information on how they can assist you in caring for your senior loved one. Contact your nearest Visiting Angels office today at 800-365-4189.**