

# Our Favorite Ways to Relax



Friends

COMEDY

Journaling:  
More than a Diary

NETFLIX

# Most helpful respite ideas

Provide a respite caregiver that can join in the recipient's hobbies – take them fishing, talk about the war, play checkers etc.



Adult Day programs



Provide help with yard work such as lawn mowing, snow shoveling



Provide help with showering

Take the person on outings that they enjoy such as men's group, shopping, hikes, taking pictures



Provide help with household chores such as cleaning, meals



Have a familiar person come in to provide the respite

# Personalize!

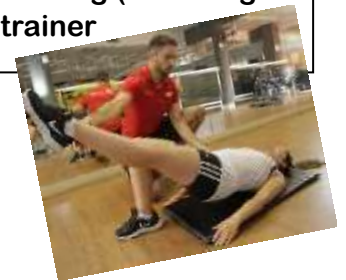
Basket full of favorite things that only take 10 minutes

# Some unique respite ideas to consider

Sometimes the caregiver would like to stay home and have the care recipient leave



Pay for exercise program for recipient – boxing (including gloves), Fresh Start Exercise, personal trainer



## Personalize! –

- sidewalk repair so a mobile scooter could be used to visit with neighbors
- purchase a used power lift and slings
- purchase a used chair lift



piano tuning for recipient with dementia who plays beautifully

lay a walking path to walk to barn to brush horses



## RESPONSES FROM THE RESPITE SURVEY

### **What types of respite have your caregivers found most helpful?**

- For the men that I am assisting, it is for them to be able to get out of the house and do the hobbies that they enjoy
- A family member or familiar person providing respite
- In home respite
- Having someone come into the home to allow the primary caregiver a chance to leave for a break
- overnight facility stays for their loved ones
- Help with bathing, providing companionship for PWD by taking them out of the house to walk, attend events, etc., assistance from a patient advocate, help with home chores like cleaning, snow removal, lawn mowing, etc.
- We have a couple of individuals that attend Fresh Start, an exercise program. It gives them an opportunity to take care of themselves so they can continue to care for their loved one.
- Chores and general in-home respite
- Adult Day Programs, Friendly visitors, in-home care, Family
- Adult Day Services
- Adult Day Programs, in home help with chores (housekeeping, lawn, snow removal, personal cares)

### **What has been the most unique/unusual type of respite you have approved for a caregiver?**

- Elder in a CBRF that is close to her home and community
- 3 hour shifts twice a day with paid provider, family member (not paid) for 2 hours a day. This was provided to allow caregiver to be with daughter who was going through chemotherapy.
- Paid for respite so that a caregiver was able to attend daughter's out of town graduation. Arranging time for a caregiver to get a massage.
- The respite provider taking the client out for fun activities and leaving the caregiver home to just rest. My kind of respite!!!
- Sidewalk repair so a mobile scooter could be used to visit with neighbors
- Laid a walking path so PWD could walk to a barn to brush horses
- Piano tuning for PWD who plays beautifully
- Purchased a used power lift and slings
- Purchased a used chair lift and a used mobility scooter
- Exercise program
- CBD Oil and 3-wheel bike

**In your own life, what kinds of things do you do to get a "relief from your responsibilities?" We all need and use respite - what works for you?**

- Reading a book, talking with friends and family. Someone offering to spend time with the care recipient doing things they used to enjoy doing together. What used to be deer hunting can now be a drive through some of the areas they used to hunt.
- go for a ride, I have a "she shed" that I go to for solitude watch a favorite TV program - comedies
- walking
- Time away from work. Time with friends. Biking and walking. Painting. Gardening. Fishing with family. Spending time with grandkids. Road trips. Sleeping in.
- I have started reading again. I have also started dieting and putting energy into my health. Since the safer at home order was issued I have lost 17lbs. I have disengaged from social media to negativity. I am focusing on my family as I have young children. We recently moved out to the country, so I enjoy sitting outside, mowing the lawn or going for walks. Anything that I don't have to think too much about. I also enjoy the occasional cocktail. I have also just had to ask for grandparents to take my kids for an overnight so that I can get the break I need. I recognize I am a better mom, and caregiver to my kids, when I have a little respite and break.
- Read, Watch a show on Netflix, bike riding
- spending time outdoors, shopping, going out to eat for a nice supper
- My husband is disabled and has chronic pain and often grouchy. I love it best when he leaves on a Sunday morning to go walking in the woods.
- Taking a walk, reading a book and going some place away from the hustle and bustle of everyday life
- Seek relief from family members to give me time alone to recharge, take advantage of offers from others wanting to spend time with my children.
- "walking/hiking, biking, kayaking, socializing, making quiet time
- to just be."
- Go shopping alone, watch a favorite show or movie alone, spend time with friends
- Snow shoeing, kayaking, gardening, journaling, music, walking, wrap in a warm quilt, essential oils.
- Getting out for a walk/quiet time at the end of the day
- I create Stained Glass pieces for family, friends and for sale. Belly dancing skirt - always puts a smile on my face.
- Massages