LL Medico

Practical solutions–Compassionate care



Quick Reference Guide

for

Respite Care

At a Glance

Respite care is short-term relief that lets caregivers rest and recover while someone else steps in.

Daily Priorities

- Schedule regular breaks and protect them
- Keep a current handoff sheet with routines, medications, and contacts
- Keep supplies stocked and easy to find
- Ask for help from family, friends, and local programs

Watch For

- Constant exhaustion, irritability, or resentment
- Skipping your own appointments or meals
- Withdrawing from friends and activities

Avoid

- Waiting for a crisis to look for help
- Spending every break on chores
- Leaving a substitute without written instructions

Call the Doctor If

- You feel persistently sad or hopeless, or have thoughts of self-harm (call or text 988)
- Your own health problems keep being put off
- Your loved one seems worse or poorly cared for after a break

Note** The information contained in this document is intended to support, and not replace, the advice given to you or your caregiver by your healthcare providers.

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