

Respite Planning

Caring for a person with dementia can sometimes feel like a full-time job. As the disease progresses, so does the caregiver's role and the accompanying responsibilities. As a caregiver, you may intend to provide the highest level of care possible and, although this is an admirable goal, you need to ensure that you, too, are receiving sufficient care. Without ensuring proper self-care and enough respite, you may not be able to continue to adequately care for the person with dementia.

As your caregiving role becomes increasingly demanding, obtaining a break from your responsibilities becomes essential. After all, if you do not look after yourself, who will be there to look after you, should you become ill?

The following are some ideas to consider for your own respite provision:

Adult Day Support Program (ADSP), such as Club 36

- ADSPs are for individuals who are living with a chronic condition, such as dementia, and are still housed in their community.
- Club 36 is an ADSP offered by the Alzheimer Society of Calgary. Care and support is provided to the person with dementia one to two days a week. The program aims to keep the person with dementia stimulated and engaged while providing you with a break from your caregiving role.
- Referrals to regionally-funded ADSPs, including Club 36, are made by Community Care Access at (403) 943-1920.
- There are also privately-funded day programs offered in the Calgary area.

Companion Care

- Do you have a friend who could come and visit the person with dementia while you go out? Do you have family who could provide some companionship and help you at the same time? If you are receiving home care services through the Calgary Health Region, or think that you may be in need of some support, you may be eligible for companion care in the home for up to three or four hours a week. Contact Community Care Access at (403) 943-1920 for more information.



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Alzheimer Society

CALGARY

Overnight Respite

- Overnight respite means that the person with dementia temporarily moves out of the home and into a care centre for a pre-determined length of time.
- There are designated respite beds in long-term care centres. These respite beds can be arranged for two to four weeks a year. You would need to plan ahead as space is limited. Respite space can also be booked through Community Care Access.
- Another possible option is booking a bed in a privately-funded assisted living facility.

Meals on Wheels

- If you find that preparing daily meals is becoming too challenging, Meals on Wheels may be a good resource for you to consider. Calgary Meals on Wheels is a non-profit organization that prepares and delivers nutritious, affordable meals to Calgarians in need of the service. For more information, please contact Meals on Wheels at (403) 243-2834.

Plan Ahead

- Consider your needs as a caregiver as well as the needs of the person with dementia.
- Research all of your options.
- Talk to someone. The Family Support Coordinator at Alzheimer Society of Calgary, for example, would be more than happy to meet with you and discuss the different options and resources that exist. Call (403) 290-0110 for further information.



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