



Healthy Respite

A Caregivers Wellness Guide for Respite

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A spectrum of resources and knowledge



The Family Resource Network is dedicated to offering individuals and their families with continuing needs the greatest opportunities, resources and services to support a full and happy life.

The Network has been providing community-based services and supports throughout New Jersey since 1970 and is committed to improving the quality of life of people with special health care needs, chronic conditions and their family caregivers.



A Health and Wellness Focus

Get FIT is dedicated to promoting an inclusive culture of health and wellness for people with disabilities, chronic health conditions, **and their caregivers.**

We advocate for, and provide an increased access to inclusive health promotion services in efforts to decrease disparities experienced by people of varied abilities throughout the lifespan.





Statistics

- 17% of caregivers feel their health in general has gotten worse as a result of their caregiving responsibilities.
- 72% of family caregivers report not going to the doctor as often as they should.
- 58% of family caregivers indicate worse exercise habits than before caregiving responsibilities.



Caregiver Concerns

- The health and safety of their loved one
- Identifying resources
- Meeting financial needs
- Their own health



Respite

- A short period of rest or relief for the caregiver
- Planned respite
- Temporary emergency respite



Healthy Respite

- Support and strengthen the caregiver
- Promote a healthy quality of life
- Opportunities for rest and relaxation
- Opportunities for socialization
- Overall enjoyment and enrichment

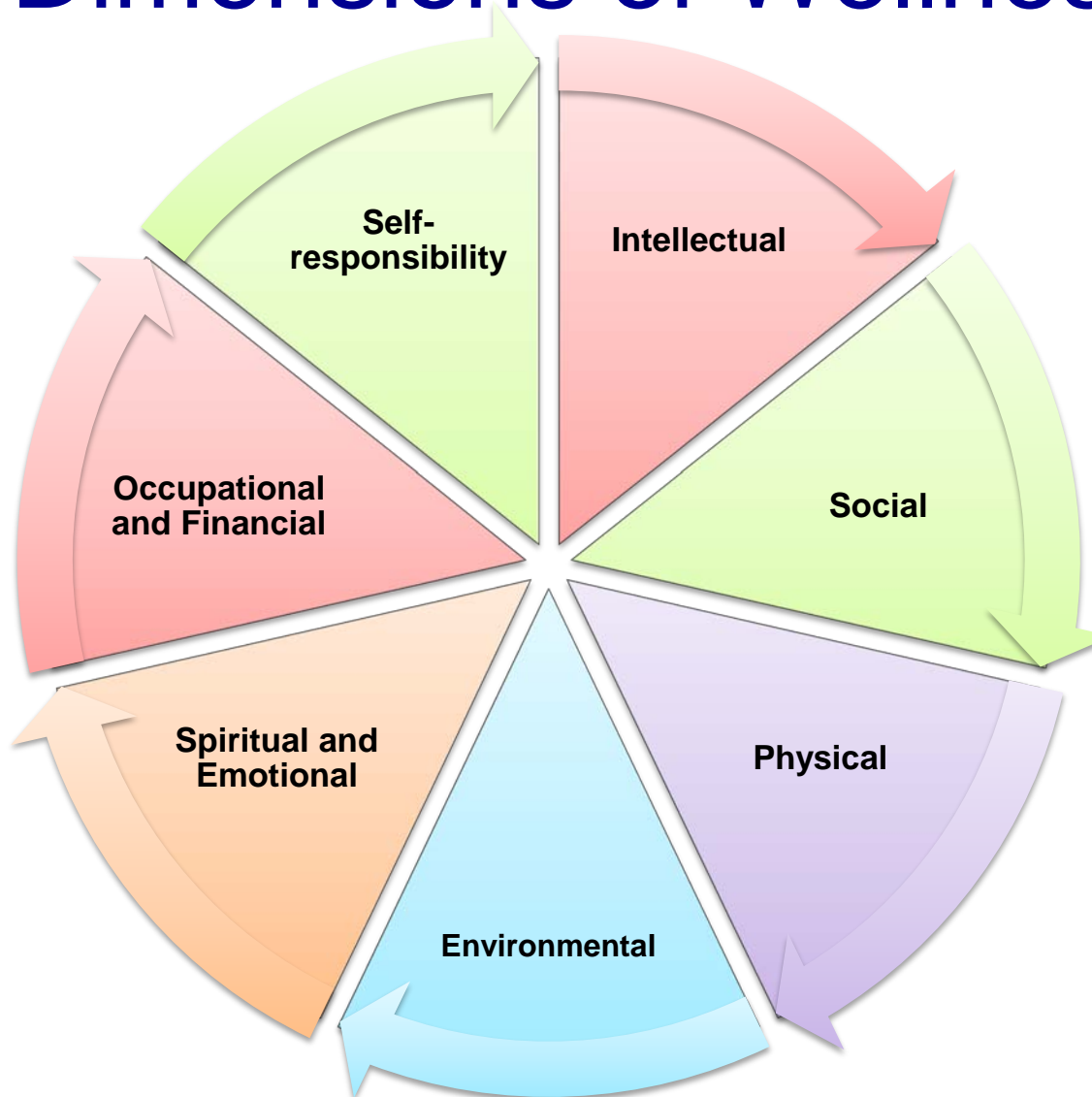


“During high school I participated in sports but it became difficult so I realized in my senior year that I could run to school and it made me feel better. With the help of my brother taking my books, I was able to run 5 miles and it helped me cope. It gave me the mental preparation to get my mind ready for school and then with what was going on at home.

-Kyllian, Caregiver

THE WELLNESS APPROACH TO RESPITE

Dimensions of Wellness





Intellectual Wellness

Allows the caregiver to develop problem-solving skills, think critically, maintain an active mind, and become exposed to new ideas, people and beliefs

- Staying connected to the news
- Reading and learning
- Keeping an open mind
- Engaging in creative activities



Social Wellness

Maintaining strong relationships and a strong support system may assist caregivers with making decisions and will improve their emotional health.

- Keeping up with significant others, family members, and friends
- Developing strong support groups



Physical Wellness

Being physically active can decrease a caregiver's risk of stroke, high blood pressure and other chronic conditions. It also relieves symptoms of stress, depression, and anxiety

- Staying physically active
- Eating healthy
- Getting sufficient sleep
- Maintaining preventive medical visits



Environmental Wellness

It is important that caregivers are aware of their surroundings and have made the right safety precautions to accommodate their loved one

- Maintaining a clean, safe and healthy living environment
- Protection from environmental hazards
- Alerting neighbors of caregiver responsibilities



Spiritual & Emotional Wellness

It is important for caregivers to remember their values and beliefs as it helps to keep them in harmony with themselves and others.

- Prayer and meditation
- Considering and respecting the beliefs of loved ones
- Positive thinking exercises



Occupational & Financial Wellness

Balancing work and caregiver responsibilities can be overwhelming for caregivers.

- Address work-related stress
- Inform employer of caregiving responsibilities
- Understand current financial situation
- Develop a plan and budget that gets everyone in the household on the same page
- Plan for different life stages – transition and guardianship



Self-Responsibility

Caregivers must remember to put themselves on the “To Do” list.

- Prevents burnout
- Promotes a positive outlook
- Opportunity to recharge

Whole-Person Approach

- Programs
- Coalitions
- Resources





“I took time for myself usually in the evening. I joined a yoga class twice a week and took a craft class with friends”

-Jane, Caregiver

PROGRAMS



Chronic Disease Self-Management

- Peer led groups
- Evidence Based – Stanford
- Chronic Disease Self-Management
- Diabetes Self-Management
- 6 week workshops – in-person

- Physical
- Intellectual
- Social
- Self-responsibility

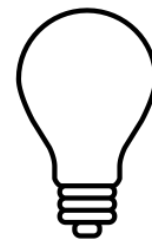




Nutrition Counseling

- Multiple settings
 - In home – opportunity to assess environment and develop an individualized program
 - Community sites – cooking demonstrations
 - Grocery stores – shopping tours
- Led by a nutritionist, registered dietitian or health coach

- Physical
- Intellectual
- Social
- Environmental
- Self-responsibility





Fitness Training

- Multiple settings
 - In home – opportunity to assess environment and develop an individualized program
 - Wellness Centers – Gyms, YMCA's
 - Programs for loved one
 - Programs for caregivers
 - Online – Get FIT 2 GO
- Led by a personal trainer, exercise physiologist or health coach

- Physical
- Intellectual
- Social
- Self-responsibility





“When all else fails, go get the therapy and help you need. I did, I went to counseling and it’s been so helpful, and Medicare pays for it. It’s wonderful to share things and not be judged.”

-Sharon, Caregiver

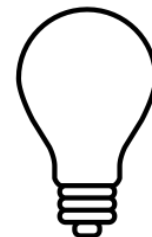
COALITIONS & SUPPORT



Focus Groups

- County or Town specific
- Prioritize needs and concerns of Caregivers in each region
- Identify Caregiver Champions
- Needs assessment

- Intellectual
- Social
- Environmental
- Occupational and Financial





Community Events

- Wellness Retreats
 - Caregiver focus
 - Collaborative approach to hosting
 - Family Support Center
 - Department of Health
 - American Heart Association
 - Offer respite services
- Resource/Health Fairs
 - Multiple respite providers
 - Caregiver Resources

- Physical
- Intellectual
- Social
- Self-responsibility
- Spiritual and Emotional





“What I learned from all of this is that we are caregivers because we LOVE and LOVE DEEPLY. Today we have so much more available to us than when I was young. The internet, support groups and advocates are there for us. We just need to know where to look.”

– Sharon, Caregiver

RESOURCES



Caregiver Education Center

EdLogics – Health Literacy Focus

- Preparing for Your Doctor's Visit
- When You Have to Go to the Emergency Room
- Taking Medications Correctly
- The ABC's for Good Health
- Becoming an Advocate
- Getting The Right Support
- Understanding Financial Choices
- Recognizing Depression
- Managing the Anger
- Knowing When to Say "No"



- Physical
- Intellectual
- Self-responsibility
- Spiritual and Emotional
- Occupational and Financial



For Parents, By Parents

Resources for caregivers to learn that they are not alone

- A Guide to Autism
- A Guide to Epilepsy
- Stories
- Feelings
- Perspectives
- Advice

- Intellectual
- Social
- Self-responsibility
- Spiritual and Emotional



Guides

- Caregivers Wellness Guide
 - Caregiver Wellness Tips
 - Checklists
 - Resources
 - English and Spanish
- Respite Guide



- Physical
- Intellectual
- Social
- Environmental
- Self-responsibility
- Spiritual and Emotional
- Occupational and Financial





Additional Respite Opportunities

- In-home Respite – as scheduled
- Hotel Respite – weekends
- Camp – 1 week sleep away camp for loved ones



For more information

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