



Respite Services

Respite service creates some free time for you, a caregiver, by providing temporary care for your family member. If you care for an individual over 60 years old who depends upon you for their everyday needs and you need a break in your caregiving routine, respite can give you relief.

Respite service is available seven days a week. Trained homemakers are available to provide care in your home for your loved one. There is a three hour minimum for service. Respite care in an adult day service facility and long-term care facilities are also available. No one else can provide the kind of care you give, but taking a break from these responsibilities can renew your ability to continue quality care.

Respite homemakers are given clear instructions on duties while the caregiver is away. Supervision, companion care, meal preparation, and personal care assistance will be provided. No medical care is provided and medications cannot be administered.

Respite service is a federal funded program under the Older American's Act. A contribution is suggested for the cost of respite, however, service is not denied due to an inability to contribute to the program.

If you are interested in learning more about Respite Services, please contact PLOWS at 1-708-361-0219.