

CARE FOR CAREGIVERS

- The Hospice Team recognizes that caring for a terminally ill loved one is often equal parts rewarding and exhausting – physically, mentally, and emotionally
- There can be amazing days where you have deeply meaningful moments, and other days that challenge you to the end of your endurance
- Caregiving takes strength, patience, and perseverance. It is not an easy task, and the demands on your time can pile up quickly

Resources that are available

Respite care

- To help caregivers stay balanced and prevent caregiver burnout, respite care is available to help
- Available for caregivers once every hospice 'benefit period' (once every 90 days)
- Involves moving your loved one to a Medicare approved facility (nursing home, hospital) for up to 5 days
- Your Hospice Team has professionals that can help

Can be used for:

- Focusing on ones own personal health
- Attending a special event (wedding, graduation)
- Recovering from your own illness
- Need a break from caregiving
- Ask your Hospice Team if you feel that you need this!
- Your Hospice Team has professionals that can help

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Social worker:

- › Hospice social workers provide care and support to families and loved ones. The social workers work closely with the family to coordinate services and resources to help families cope with the stress of dealing with terminal illness. They can also help coordinate care for those who may be facing financial or other hardships due to the illness.
- › Ask about community support groups in your area



Clergy

- › Part of the hospice team and can and should be used for dealing with spiritual and existential distress
- › Consider using even if not actively practicing a specific religion



Volunteers

- › Not all hospices have, but can be used to give the caregiver some personal time



Bereavement counselors

- Hospice social workers also provide bereavement care after a loved one passes away. They may provide support services, such as group or individual counseling to family members who are grieving.

There are additional resources available on-line:

- <https://www.nia.nih.gov/health/alzheimers-caregiving>
- <https://alzfdn.org/caregiving-resources/>