

Respite Care

Respite Care lets family caregivers recharge, ease their stress and avoid caregiver burnout.

Providing assistance to the caregiver allows them to stay healthy, resulting in improved quality of the time they spend with their loved one.



Emmanuel Home

West/Centre Wing
13425 57 St NW
Edmonton, AB T5A 2G1

East Wing
13429 57 St NW
Edmonton, AB T5A 0T8

North Wing (NEW!)
13433 57 St NW
Edmonton, AB T5A 0T8

Phone: 780.478.2051
Fax: 780.456.0653

E-mail: info@emmanuelhome.ca



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If you are currently in the role of caregiver, you understand how this role is about shifting your focus to make someone else's needs the priority in your life.

It is true that caring for a loved one can be a rewarding experience, however, depending on the level of care required, you may rarely be able to step outside of your supporting role.

The very role of "caring" can take a physical, emotional and mental toll on your own well-being. This can have negative consequences on both you and your loved one.

RESPITE CARE

Respite care is a short-term break for families and other unpaid caregivers.

Whether it is for a few days or even a few weeks, respite care can provide caregivers with an extra hand or with some time off to take care of themselves.

Respite care can improve the long-term functioning of both the caregiver and the person receiving care.

For more information contact:

*Donna Callahan,
Director of Programs
dcallahan@emmanuelhome.ca*



Ways in which your loved one can benefit from respite care:

- ◆ Cognitive stimulation with art or music programs.
- ◆ Interaction with other seniors.
- ◆ A change of scenery; change of pace and face from their regular routine.
- ◆ Onsite health care supervision and support.

Respite care helps you to maintain a healthy balance so that you can continue to enjoy your own quality of life.