

Need a break to take care of yourself?

# Caregivers need support too

Get the help you need with **Overnight Respite Services**



## Services include:

- ✓ Safe and secure environment
- ✓ 24 hour nursing care for short-term stays
- ✓ Individual care plans
- ✓ Help and support with personal care
- ✓ Nutritious meals
- ✓ Recreation and activity programs

How to access Overnight Respite Services:

**1-855-412-2121** (toll free)

or visit **[fraserhealth.ca/OvernightRespite](https://fraserhealth.ca/OvernightRespite)**

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For more copies: [patienteduc.fraserhealth.ca](https://patienteduc.fraserhealth.ca)



Better health. Best in health care.