

## Home Health Contact

Name	Telephone
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This local Home Health contact is your link to our Respite Services and programs. If you have any questions, call the number above.

Call the Home Health Contact right away when you need to **change or cancel** your Respite arrangements.

## Questions about Respite Choices

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## Overnight Respite Booking

### Current Home Health Clients

- Login to [bookabreak.fraserhealth.ca/Login](https://bookabreak.fraserhealth.ca/Login)
- Search for respite providers.
- Request a stay any time, day or night.

### New Home Health Clients

- Call our Home Health Services Line.

1-855-412-2121

Open 7 days a week  
8:30 a.m. to 9:00 p.m.

## Day Programs for Older Adults

Burnaby	Felburn Care Centre New Vista Care Home
New Westminster	Queens Park Care Centre
Port Coquitlam	Hawthorne Day Program
Maple Ridge	Creekside Day Program
Surrey	Come Share – Guilford Come Share - Newton Progressive Intercultural Community Services (PICS) Czorny (Regional Dementia Care Program)
White Rock	Come Share KinVillage Day Program
Langley	Langley Day Program
Abbotsford	Cottage Day Program Maplewood House
Agassiz	Glenwood Care Centre
Mission	Mission Day Program
Chilliwack	Net Care
Hope	Classic Corner

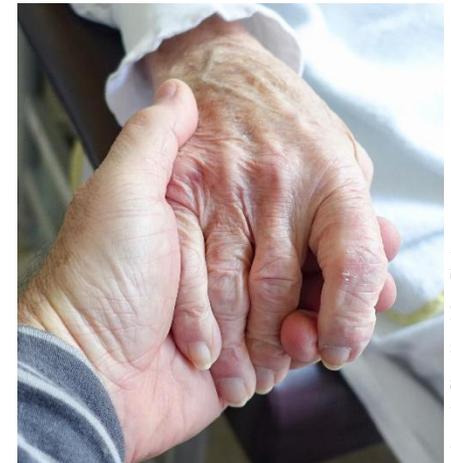
[www.fraserhealth.ca](https://www.fraserhealth.ca)

This information does not replace the advice given to you by your healthcare provider.

Catalogue #255706 (July 2022)  
To order, visit: [patienteduc.fraserhealth.ca](https://patienteduc.fraserhealth.ca)

# Respite Choices

## Services for families and caregivers



fraserhealth

## **What is Respite?**

Caring for someone at home can be rewarding. However, sometimes it can also be stressful, and lead to exhaustion.

It is common for caregivers to focus their time and energy on the person and neglect their own needs. In fact, some people are moved into care homes because of caregiver's stress rather than the person's worsening health.

Respite care is available so that caregivers can take time to care for their own needs.

Respite:

- ✓ Gives you time away from being a caregiver.
- ✓ Allows you to continue your caregiving role.
- ✓ Can prevent or delay the need for the person in your care to move to a long-term care home.

Our Home Health staff can work with you to make a plan of care that includes the option of respite care.

## **What are the Respite choices?**

There are different types of respite care depending on care needs and the type of support needed.

### **In-Home Respite**

A trained Community Health Worker provides care to the person in your home for short periods. The worker follows the care plan made by the Home Health staff.

Care could include help with bathing or watching over the person to keep them safe while you go out.

You arrange this service through Home Health staff. The cost is based on the person's income.

### **Day Programs for Older Adults**

An organized program offered during the day. Health, social, and recreational activities are offered by trained staff.

People usually go one day a week to a program in the area where they live. Sometimes a person can go more often, depending on their needs and the space available.

You arrange this service through Home Health staff. There is a daily fee. There might also be a cost to transport to and from the program (such as HandyDART).

### **Community Volunteer support**

A number of volunteer organizations and groups in the community offer a variety of supports. Some offer volunteer visits, shopping buddies, lunch programs, bus trips, etc.

The Home Health staff can help you find what supports are available in the local area. These supports are usually offered for little or no cost.

### **Overnight Respite**

This is 24-hour care in selected Long-Term Care facilities. The staff give care based on the person's care plan. Home Health staff make sure the facility has an up-to-date care plan. The facility might offer some activities that the person can take part in if they wish.

Overnight Respite is available for up to 45 days each calendar year. The most a person can stay at one time is for 30 days. It can be booked up to 6 months in advance. To arrange for Overnight Respite, we have an online booking system. Ask Home Health staff for more information.

There is a daily fee. There might be added costs for some medications and services.