Respite Care Encyclopedia Article

Respite Care

The following sections of this BookRags Literature Study Guide is offprint from Gale's For Students Series: Presenting Analysis, Context, and Criticism on Commonly Studied Works: Introduction, Author Biography, Plot Summary, Characters, Themes, Style, Historical Context, Critical Overview, Criticism and Critical Essays, Media Adaptations, Topics for Further Study, Compare & Contrast, What Do I Read Next?, For Further Study, and Sources.

(c)1998-2002; (c)2002 by Gale. Gale is an imprint of The Gale Group, Inc., a division of Thomson Learning, Inc. Gale and Design and Thomson Learning are trademarks used herein under license.

The following sections, if they exist, are offprint from Beacham's Encyclopedia of Popular Fiction: "Social Concerns", "Thematic Overview", "Techniques", "Literary Precedents", "Key Questions", "Related Titles", "Adaptations", "Related Web Sites". (c)1994-2005, by Walton Beacham.

The following sections, if they exist, are offprint from Beacham's Guide to Literature for Young Adults: "About the Author", "Overview", "Setting", "Literary Qualities", "Social Sensitivity", "Topics for Discussion", "Ideas for Reports and Papers". (c)1994-2005, by Walton Beacham.

All other sections in this Literature Study Guide are owned and copyrighted by BookRags, Inc.

Contents

Respite Care Encyclopedia Article.....1

Contents.....2

Respite Care.....3

Respite Care

Respite services provide a temporary break for the caregivers of the frail elderly or disabled, chronically ill individuals. The application of the concept to include elder care grew out of a combination of increasing interest in the role of the informal caregiver and the cost containment effort to reduce expenditure involved with institutionalization of the aging population. Services may be provided in or out of the person's home, with in-home services involving a temporary homemaker or home health care. Outside the home, help may include adult day care or temporary stays in nursing homes, group homes, or foster care homes. The type and scope of services, and eligibility for services, vary significantly from state to state.

Research has shown that the ability to free caregivers to care for the nondisabled family members, including themselves, reduced their level of stress, anxiety, and isolation. Time off, even for a few hours a week, can enable the caregiver to continue providing care. Brief periods of emergency relief or prescheduled respite from the physical and emotional strain can reenergize a caregiver and renew his or her dedication to the role. While the variety of respite care options available continues to expand, some caregivers are hesitant to arrange such services due to a fear that others may not provide adequate care. Caregivers should be encouraged to explore the various respite arrangements offered, recognizing that taking care of themselves is vital to their own well-being.

Relief from the emotional stress of caregiving can also prevent elder abuse. Family members and caretakers may express frustration in subtle ways, such as frequently reminding the patient that he is impaired and is a burden, talking to others about the patient as if he were not in the room, and arguing with the elder about unimportant issues. Potential for elder abuse is greatest when caregivers have no relief from the constant burden of care. The ability to visit with friends, attend church, or simply spend time alone will promote relaxation and leave the caregiver refreshed and better able to cope with the burdens of caregiving.