

# Respite Care

As a family caregiver, your days are spent fulfilling the needs of a loved one who is no longer able to manage certain activities in his or her daily life. Whether you're helping maintain the household or assisting with personal care, your time is devoted to this person, leaving little occasion for your own rest and rejuvenation.

At Nascentia Health, our goal is to help you strike a balance between caring for others and caring for yourself. Through the support of the New York State Office for the Aging, our Caregiver Respite Program offers a break from your round-the-clock responsibilities, allowing you to take time for yourself so you're better able to care for your loved one.

## Why Request Respite Care?

Maybe you're going out of town on business, planning a vacation, or recovering from recent surgery. Or perhaps you're simply looking for some quiet time to tend to your own personal needs. Whatever your reason, all that truly matters is the peace of mind that comes from knowing your loved one is well cared for in your absence.

## How is Respite Care Provided?

There are several types of respite care, which can be provided either in the home or outside the home. The type to be offered in any particular case is determined by you and our Respite Coordinator, with assistance from our nurses and other professionals when needed.



TOMORROW'S HEALTHCARE TODAY



# Respite Care

## WE OFFER THE FOLLOWING TYPES OF RESPITE CARE:

1. If you wish to leave home for a few days, aide service under the supervision of a registered nurse can be arranged for up to 24 hours per day, for more than one day at a time. Home health aides can provide a full range of services from bathing, dressing, and grooming, to medication reminders, transfers and assistance with walking.
2. If you require a longer respite period, a temporary out-of-home placement in an adult home or nursing home enables you to leave home for an extended period of time. Emergency respite is also available when you are unable to provide care due to an unforeseen circumstance, such as a sudden illness.

### What Placement Facilities Can I Choose From?

Nascentia Health works with the following out-of-home placement facilities:

#### ADULT HOMES

##### The Heritage

750 East Brighton Ave, Syracuse

##### Sedgwick Heights

1100 James St, Syracuse

#### NURSING HOMES

##### Loretto Health & Rehabilitation Centre

700 East Brighton Ave, Syracuse

##### St. Camillus Health & Rehabilitation Centre

813 Fay Rd, Syracuse

##### SunnySide Care Center

7000 Collamer Rd, East Syracuse

##### McHarrie Life Senior Community

7740 Meigs Rd, Baldwinsville

##### Van Duyn Center for Rehabilitation & Nursing

5075 West Seneca Turnpike, Syracuse

### How Much Respite Service Can I Receive?

In-home and out-of-home respite care can be provided up to 24 hours a day for a maximum of 42 days (six weeks) per year. The actual amount of service depends on the availability of federal, state, and local funding.

### Do I Qualify for Respite Care?

If you are an Onondaga County resident who provides full-time care for a person over the age of 60, or, alternatively, you are over the age of 60 and provide full-time care for a chronically ill or disabled individual, you qualify.

### What is the Cost of Respite Care?

Payment for respite services is based upon your loved one's ability to pay. Participants are asked to make a voluntary contribution based upon financial ability; the remaining costs are covered by Respite Program grants. Costs will be explained to you prior to the initiation of service.

### How do I Arrange for Respite Care?

Respite care is easily arranged through a phone call to Nascentia Health at **888.477.HOME**. Our Respite Coordinator will work with you to determine the type of care that best fits your needs and will facilitate the arrangements for your service.