

WHAT IS RESPITE CARE?

- Provides time off for family members who care for seniors with special needs.

Family caregivers have demanding tasks and often neglect their own health and well-being. Consequently, caregivers need time off to relieve stress and prevent burn-out.

- Provides a fun, stimulating social afternoon for seniors with special needs in a safe and secure setting.

Seniors with special needs often feel lonely, bored and/or helpless. Socialization brings psychological and physical benefits.

WHO MAY PARTICIPATE?

“Seniors with special needs” may include, but, is not limited to:

- General Dementia
- Early Stage Alzheimer’s
- Mentally Challenged
- Physical Disabilities

Attendance is limited to 12 members/day.

All inquiries are welcome.

Participating adults must meet Respite’s Acuity Guidelines. Medications **cannot** be brought to Respite Care.

WHAT HAPPENS AT THE RESPITE CARE CENTER?

Our enriching afternoon of socially, physically and psychologically engaging activities include:

- Music
- Arts and crafts
- Exercise
- Memory books
- Nutritious snack
- Educational talks
- Therapeutic gardening
- Games
- Reminiscing discussions

For each participant, an “individualized activity plan” is developed.



WHEN IS RESPITE CARE OPEN AND WHAT DOES IT COST?

11:45 a.m. to 5:00 p.m.
Monday thru Friday
\$50*/day

*Financial assistance may be available through the Peninsula Agency on Aging if means are limited.

WHO CARES FOR MY LOVED ONE?

CARE TEAM

Respite’s 1:3 staff to member ratio ensures a safe, person-centered program. Our compassionate team of screened, trained professionals are repeatedly recognized by families for their kindness and enthusiasm. Team members develop and lead activities. Respite Care is managed by a licensed professional nurse.

VOLUNTEERS

Respite Care includes an active group of talented volunteers who help maintain a dynamic program.

HOW DO I ENROLL?

An interview will be arranged with the caregiver and the Respite candidate to ensure appropriateness. An enrollment packet will be provided and the day(s) you wish to attend will be discussed. Complete and return the enrollment packet. A current flu shot, tetanus shot and negative PPD test are required for attendance.

Call Carolyn Yowell, Executive Director (229-1771) ext. 354 or Ellen D’Orsogna, RN, Manager ext. 116, to set up an interview or get more information.

BOARD

Respite Care's volunteer advisory board consists of community leaders representing many faith communities including WUMC.

CONTRIBUTIONS

Tax-deductible gifts are welcome.



**A NETWORK RESOURCE
PARTNER WITH**



PARTICIPANT COMMENTS...

*"I smile more when I come here."
"I don't know where any of you came from, but we are a family."
"It feels good to help each other."
"I have belonged to a lot of clubs in my life, but this one is my favorite."
"I am convinced the Hand of God is behind you here."*

CAREGIVER COMMENTS...

*"Dad loved the games, activities, and most of all the singing."
"My only regret is not enrolling my wife sooner."
"Can't think of any program that has increased my mother's self-esteem and feelings of belonging more."
"My wife feels appreciated at Respite."
"You are saving my sanity."*

**ENHANCING THE QUALITY OF
LIFE FOR CAREGIVERS AND
THEIR LOVED ONES.**



RESPIRE CARE

**A MINISTRY OF
WILLIAMSBURG UNITED METHODIST CHURCH
500 Jamestown Road
Williamsburg, VA 23185
(757) 229-1771**

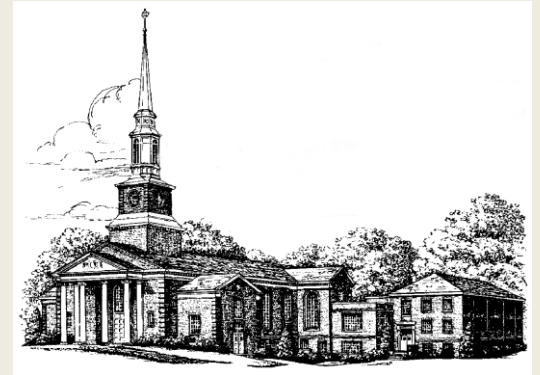
www.williamsburgumc.org/#/how-we-serve/respire-care-center

March 2015

RESPIRE CARE

**A Gift of Time
To Caregivers Of
Seniors With
Special Needs**

**A Gift Of
Companionship and
Refreshment For
Their Loved Ones**



**Williamsburg
United Methodist Church
(757) 229-1771**