



SAUNDERS HOUSE

MAIN LINE SENIOR CARE ALLIANCE

CELEBRATING
150 YEARS!

A Healthy Tradition of Care and Wellness

7 Benefits of Respite Care: A Physical and Emotional Oasis for Caregivers

Caregiving can be a highly demanding and stressful responsibility, and no one is equipped to do it without some help. Just like the loved ones they care for, caregivers also need support and attention to maintain their own health and wellbeing. Respite care is designed to provide short-term care for loved ones and offers busy caregivers temporary relief from their caregiving duties.

Respite care benefits caregivers in many important ways including:

1. **Renewal and Relaxation** – Taking a walk, strolling leisurely through the mall, visiting a museum or doing whatever brings joy can calm you, decrease your heart rate and improve your mood.
2. **Energy** – To be effective in your busy life, you must take time to re-energize. Even an automobile won't run on empty.
3. **Space** – Getting away from the caregiving situation for even just a few hours can help you relax and bring a renewed sense of purpose.
4. **Pleasure** – As a caregiver, you must remember that you have the right to enjoy life. You have no reason to feel guilty.
5. **Identity** – You must be purposeful in maintaining your sense of self. You are important, too!
6. **Perspective** – Time away from the caregiving situation allows you to see things more clearly and keep things in proper perspective. You might even think of better ways of doing things and other resources you can tap into.
7. **Engagement** – Social isolation can be a huge problem for caregivers. It's important to take time to engage with your friends and family by sharing lunch, taking a shopping trip or doing whatever gives you personal enjoyment.

Discover our Healthy Tradition of Care and Wellness

Located adjacent to Lankenau Hospital, **Saunders House** – [part of Main Line Senior Care Alliance](#) – has a celebrated tradition of providing [exceptional care and services](#) to seniors and their families. It's a tradition we're proud to continue.

Today, **Saunders House** offers a range of services including [short-term rehabilitation therapy](#), [traditional nursing care](#), [restorative care](#), [memory care](#), [respite care](#) and specialized care for individuals with visual impairments – all in a setting that is warm, welcoming and nurturing.

For more information on **Saunders House**, our short-term rehabilitation program and other professional services, please call us today at **(610) 658-5100**. You can also visit us online at www.saundershouse.org/.