



SAUNDERS HOUSE

MAIN LINE SENIOR CARE ALLIANCE

CELEBRATING
150 YEARS!

A Healthy Tradition of Care and Wellness

Tips on the Benefits of Respite Care for Caregivers

The numerous demands of caring for an older loved one with physical limitations or memory loss can take a significant physical and emotional toll on caregivers. Medical experts tell us that caregiver “burnout” can even lead to serious medical consequences such as hypertension, increased risk of heart attack, stroke and severe depression.

Today, respite care offers a valuable solution to this growing need among harried caregivers. Respite care provides caregivers with some well-deserved time off to relax, enabling them to “recharge their batteries” and focus on areas of their lives that they enjoy most. In doing so, they also have the peace of mind that comes with knowing their loved ones are in safe and highly competent hands.

The article, “[Respite Care for the Elderly Is Important for Family Caregivers](#)” offers an informative list of the many benefits respite stays provide. These include:

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 life and caregiving, 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 Medical Center, **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.



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Today, Saunders House offers a range of services – including [short-term rehabilitation](#), [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** or [contact us](#) online.

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