



# SAUNDERS HOUSE

MAIN LINE SENIOR CARE ALLIANCE

CELEBRATING  
150 YEARS!

A Healthy Tradition of Care and Wellness

## Caregiver Tips for Choosing the Right Respite Care Service

Respite care, which provides temporary care for aging loved ones, has been described as a “lifesaver” by busy caregivers who often suffer from serious physical and emotional stress as a result of their daily “labor of love.” Respite care services offer busy caregivers much-needed personal time away from their caregiving duties to relax, recharge and restore themselves to maintain their own health and wellbeing.

If you have never used respite care services before, it might be difficult initially to entrust your family member's care to others. However, you can allay your concerns by doing some basic research on the subject.

Experts in senior care suggest that you visit a few respite care providers first hand and include the following criteria in your evaluation of the options:

- **Licensing and Accreditation** – Is the respite care provider licensed for senior care services?
- **Quality** – Do they have a good reputation for quality of care and meeting residents’ needs, including any special needs?
- **Ambience and Environment** – Is the “look and feel” of the respite care provider pleasant and cheerful? Is it clean and well-maintained?
- **Interaction with Staff** – Do the staff interact cordially and respectfully with respite care guests?
- **Social Activities and Access to Amenities** – Do respite care residents have access to the same social activities, programs, special events and other amenities that are available to full-time residents?
- **Meals** – Do respite care guests receive three nutritious meals a day? Can their special dietary needs be met?
- **Cost** – Is there a single “all-inclusive” cost per day or week or are there separate charges for basic services you might not be aware of?
- **Supervision** – How and by whom are the care providers supervised?
- **Family Visits** – Are families welcomed and encouraged to visit? What are the visitation hours?

By doing your due diligence, you can select a respite care community that meets your – and your loved one’s – needs and gives you the freedom and peace of mind of knowing that they will be in good hands while you are tending to your own needs and interests.

## 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.**

***Disclaimer:** The articles and tip sheets on this website are offered by Saunders House and Main Line Senior Care Alliance for general informational and educational purposes and do not constitute legal or medical advice. For legal or medical advice, please contact your attorney or physician.*