



# SAUNDERS HOUSE

MAIN LINE SENIOR CARE ALLIANCE

CELEBRATING  
150 YEARS!

A Healthy Tradition of Care and Wellness

## 7 Ways Respite Care Revitalizes Busy Caregivers

Sadly, at-home caregivers of aging loved ones often pay a steep price for their labor of love with increased stress, physical and emotional burnout, and a decrease in their overall health and enjoyment of life. According to the **Mayo Clinic**® article "[Caregiver stress: Tips for taking care of yourself](#)," caregivers should see their doctor if they experience any of the following common conditions:

- Feeling overwhelmed and constantly worried
- Physical and emotional exhaustion
- Sleeping too much or too little
- Significant weight change
- Feeling irritable, hopeless or helpless
- Frequent headaches or body pain
- Lack of interest in things you enjoy
- Abusing drugs or alcohol
- Withdrawing from friends and family

An excellent solution for caregiver stress today is [respite care](#). By providing caregivers with some needed "downtime," respite care offers you a chance to spend quality time with friends and family, go shopping, exercise, and do the things that give you personal pleasure in your life. Respite care also offers the comfort and peace of mind of knowing that your loved one is spending time with other caring individuals in a safe, comfortable place.

Respite care's valuable benefits for caregivers include:

1. **Renewal and Relaxation** – Taking a walk, strolling leisurely through the mall, visiting a museum or doing whatever brings you 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** – Having a respite 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 when taking a respite.
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.



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## 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.

**Voted Best of the Main Line in 2017** by loyal readers of the Main Line Times and Main Line Suburban Life, 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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