



SAUNDERS HOUSE

MAIN LINE SENIOR CARE ALLIANCE

*CELEBRATING
150 YEARS!*

A Healthy Tradition of Care and Wellness

Caregiver Tips on the Social Engagement Benefits of Respite Care

Respite care services at Saunders House provide at-home caregivers with a much-needed physical and emotional break from their demanding daily caregiving routines. Respite care services also offer equally important benefits for the loved ones in their care in the form of vital, life-enriching social engagement activities according to senior living experts.

Respite Care and the Value of Social Engagement for Older Americans

According to gerontologists and other experts on aging, connecting with others who share similar interests is important at any age. But for older Americans whose physical limitations and lifestyles may lessen their social engagement opportunities, these connections become crucial to their healthy physical and emotional well-being.

These experts say social engagement activities have been proven to benefit seniors' lives in several specific ways by providing:

- A Sense of Belonging
- Enhanced Mental Health
- Greater Self-Esteem
- Better Physical Health
- Increased Cognitive Functioning
- A Sense of Purpose in Life

Respite Care's Key Role in Boosting Socialization and Reducing Isolation

Respite care for your loved one provides these valuable socialization benefits in a variety of ways by offering:

- The companionship of others of a similar age with similar histories and life experiences
- A welcome change in their daily routine, which may have become monotonous at home
- The opportunity to participate in enjoyable social engagement activities and fun events with others
- Group wellness programs that are fun and keep the mind and body active and engaged
- Tasty meals and nutritious food with the added benefit of socialization and the company of others at mealtime



SAUNDERS HOUSE

MAIN LINE SENIOR CARE ALLIANCE

CELEBRATING
150 YEARS!

A Healthy Tradition of Care and Wellness

A Socially Engaged Lifestyle with Respite Care at Saunders House

Respite care at Saunders House provides family caregivers and their loved ones with a break from the typical care routine. Caregivers are afforded some down time and can rest easy, while loved ones benefit from the care, support and socialization provided within our safe, nurturing environment.

Respite care guests at Saunders House receive the same level of care, services and social engagement activities as our permanent residents. Loved ones in our care are encouraged to [take advantage of the lifestyle](#) offered at Saunders House and are invited to take part in our [daily activities](#) and special events.

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 2016 by Loyal Readers, 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, Respite Care, 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.*