

Because Everyone Needs a Break Sometime...



Research shows that using respite makes you a better caregiver by helping to maintain mental stability and physical well-being.

Respite also benefits the whole family:

- **Relaxation.** Respite gives families peace of mind, helps them relax, and renews their humor and their energy.
- **Enjoyment.** Respite allows families to enjoy favorite or new activities.
- **Stability.** Respite improves the family's ability to cope with daily responsibilities and find strength during crisis.
- **Preservation.** Respite helps strengthen the family unit and lessens the pressures that might lead to institutionalization, divorce, neglect and child abuse.
- **Involvement.** Respite allows families to become involved in community activities and to feel less isolated.
- **Time Off.** Respite allows families to take that needed vacation, spend time together and time alone.
- **Enrichment.** Respite makes it possible for family members to create individual identities and enrich their own growth and development.

Connect With Us

- Network with other Ohioans on how to get access to respite resources, financing and information.
- Have access to a statewide respite listserv.
- Stay up-to-date on the Ohio Respite Coalition's latest summits, meetings, and current developments.
- Receive an invitation to the annual statewide conference on respite.

Web:

www.ohiorespite.com
www.archrespite.org

Listserv:

<http://health.groups.yahoo.com/group/OhioRespiteCoalition/>

Facebook:

www.facebook.com/OhioRespiteCoalition/

***You are doing a great job!
Let us help make it
a little bit easier.***

Ohio Respite Coalition



Ohio Respite Coalition

**We Care for Those
Who Care for Others**

The Ohio Respite Coalition is a statewide collaboration among family members, caregivers, advocates, respite providers, agencies, community groups, and state and local government officials who believe everyone could use a break once in a while.

Our Mission is to educate, advocate, and promote access to respite options for people who care for a loved one.

Our Vision is that every Ohioan providing care for a loved one has access to respite and the support they need.



What is Respite? Temporary relief from the tasks associated with caregiving.

Using respite gives caregivers a chance to have lunch with a friend, take a nap, take a yoga class, have a date with your spouse, go out of town, or do things for yourself.

Sometimes Caregivers Feel...

- No one can care for their loved one like they do;
- Guilty for leaving their loved one;
- It is their role to endure the caregiving role;
- They can't get help to pay for respite;
- They don't want a "stranger" in their house.

Without Relief, You Could Be Putting Yourself and Your Loved One at Risk!

- Do you find yourself trying to do it all and be responsible for all aspects of caregiving?
- Are you spending less time with your family and friends because of the constant care you are providing for someone?
- Do you feel as though you could provide better care if only you could take a break for a while?
- Do you experience emotional outbreaks, including anxiety, depression, anger, guilt or loneliness?

"Life is stressful. Respite helps me be a much better mom. It is a wonderful, wonderful thing."

"Some days are really tough, but I know my respite provider will be here soon and I can make it until then."



To request more information on respite or the Ohio Respite Coalition, please contact:

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