

RESPITE *Services*



When you need a break, NSAP is there to help!

Attention Caregivers!

Receive 4 Hours of FREE Respite Care per month through June of 2025

Have you been considering respite care, but aren't sure it's what you want or need? This is an excellent opportunity to try respite care and to experience the support it can provide to you and to the older adult you are providing care for.

What is Respite Care?

Your role as a caregiver is an important one, and sometimes you need a break for a few hours. **Respite care provides short-term relief for caregivers so they have time to relax, to run errands, or to catch up on things.** North Shore Area Partners offers respite services as part of our home care program. Our skilled and compassionate home health aides can give you time to recharge so you can provide the best care possible for your loved one.

How North Shore Area Partners can Help

NSAP has funding available that enables us to offer 4 hours of FREE respite care a month through 6/30/2025 to older adults who are currently receiving respite care from family or friends. Unfortunately, those who are on a waiver to have their care paid for are not eligible for this opportunity.

Home health aides can perform any of the following tasks as part of our Respite Services:

- **Light Housekeeping:** mopping, vacuuming, dishes, wiping counters, cleaning bathrooms, removing trash, changing bedding, light socialization.
- **Assistance with Instrumental Activities of Daily Living (IADLS) such as:** meal preparation, shopping, errands, assistance with making phone calls and transportation arrangements, assistance with reading the paper and opening the mail, organizing household items, keeping your home fit (changing light bulbs), laundry, cleaning refrigerator/freezer, organizing household, inside window washing, helping with email.
- **Assistance with Activities of Daily Living (ADLS) such as:** bathing, toileting, grooming, dressing, eating, transfers, bed bath.

**Contact Ericka Blanchard, LSW, Caregiver Consultant
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for additional information**



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