



## Respite care with the Good Samaritan Society

Respite care is any type of care that provides relief when you need it. It gives caregivers a short-term break while providing quality care to meet their loved one's needs.

Respite care helps you and your loved one.

It gives you:

- Time to rest
- A support system
- Peace of mind

It gives them:

- A safe, comfortable stay
- Personalized, compassionate care
- An opportunity to make new friends

### When can you use respite care?

We provide support and services for a minimum of five days to 30 days in our assisted living location at Good Samaritan Society – Heritage Grove in East Grand Forks, Minnesota.

When you choose a short-term stay for your loved one, it gives you time to focus on your well-being. Short-term stays also help families decide if assisted living is the right solution for a loved one's needs.

### How to prepare for a short-term stay

When you're ready to use respite care services, it's important to help your loved one prepare for a short-term stay so they feel as comfortable as possible.

Give your loved one a chance to see the building and meet people in advance by calling to set up a time to attend an activity like devotions or bingo.

It's also helpful to provide a summary of your loved one's routine and a list of their favorites – foods, TV shows and more. If your loved one experiences confusion or has anxiety or communication deficits, it's also helpful to outline their triggers and how to best calm and redirect them.



## When scheduling a short-term stay, you'll need to have the following items ready:

- Completed Application with a copy of Driver's License and Social Security Card
- Completed Background Check done by Good Samaritan Society
- Health Assessment completed by RN at Good Samaritan Society

## What to pack

Pack the same things you would for a vacation.

The below items will help your loved one feel more at home.

- Toiletries
- Medications with prescription labels
- An advance directive or physician orders for life-sustaining treatment (POLST)
- Clothing, at least seven outfits if your loved one will stay a week or longer
- Extra cardigans or sweaters are important
- Electronics and chargers
- A photo of family and/or pets
- Comfort item – like a blanket or pillow

## Avoiding caregiver burnout

We know that being a family caregiver is a major commitment and caregiver burnout is real. It takes a lot of time, effort and love to ensure your loved one is safe and healthy. There are steps you can take to protect your physical and mental health and achieve more balance in your life:

- Get enough sleep, proper nutrition and exercise.
- Make it a priority to participate in hobbies, work or social activities.
- Lean on others for support. A friend, pastor, family member or support group can help you talk through your feelings.
- Focus on gratitude to allow you to see the blessings in your life.

At the Good Samaritan Society, we're here to support caregivers like you, no matter what stage of the journey you're in – or how much help your loved one needs.

**Please contact us at (218) 773-4837 for more information.**



The Evangelical Lutheran Good Samaritan Society (the Society) and Owner comply with applicable Federal civil rights laws and does not discriminate against any person on the grounds of race, color, national origin, disability, familial status, religion, sex, age, sexual orientation, gender identity, gender expression, veteran status or other protected statuses except as permitted by applicable law, in admission to, participation in, or receipt of the services and benefits under any of its programs and activities, and in staff and employee assignments to individuals, whether carried out by the Society directly or through a contractor or any other entity with which the Society arranges to carry out its programs and activities. All faiths or beliefs are welcome. © 2023 The Evangelical Lutheran Good Samaritan Society. All rights reserved.