



TRADITIONS HEALTH



## Respite Care

As a caregiver, you often focus much of your energy on your loved one's needs. Spending your days managing meals, helping your loved one stay safe and comfortable, and supporting them emotionally during this time is important work.

When it starts to feel too hard to continue caring for your loved one — or yourself — in a healthy way, or you reach a point of exhaustion that leaves you feeling like you just don't have anything left to give, it's time to ask for help.

### Here are nine signs you should seek respite care:

- Changes in appetite, weight, or both
- Changes in sleep patterns
- Emotional and physical exhaustion
- Feeling blue, irritable, hopeless, and helpless
- Feelings of wanting to hurt yourself or the person for whom you are caring
- Getting sick more often
- Irritability
- Loss of interest in activities previously enjoyed
- Withdrawal from friends, family, and other loved ones

*To learn more about respite care, contact your Traditions Health representative.*