

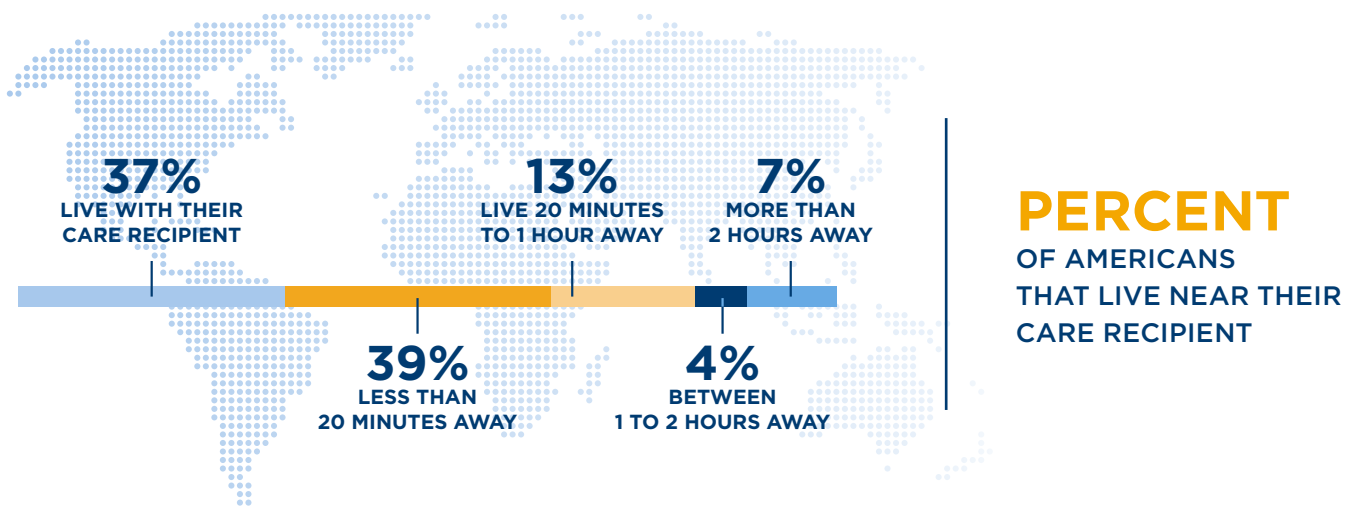
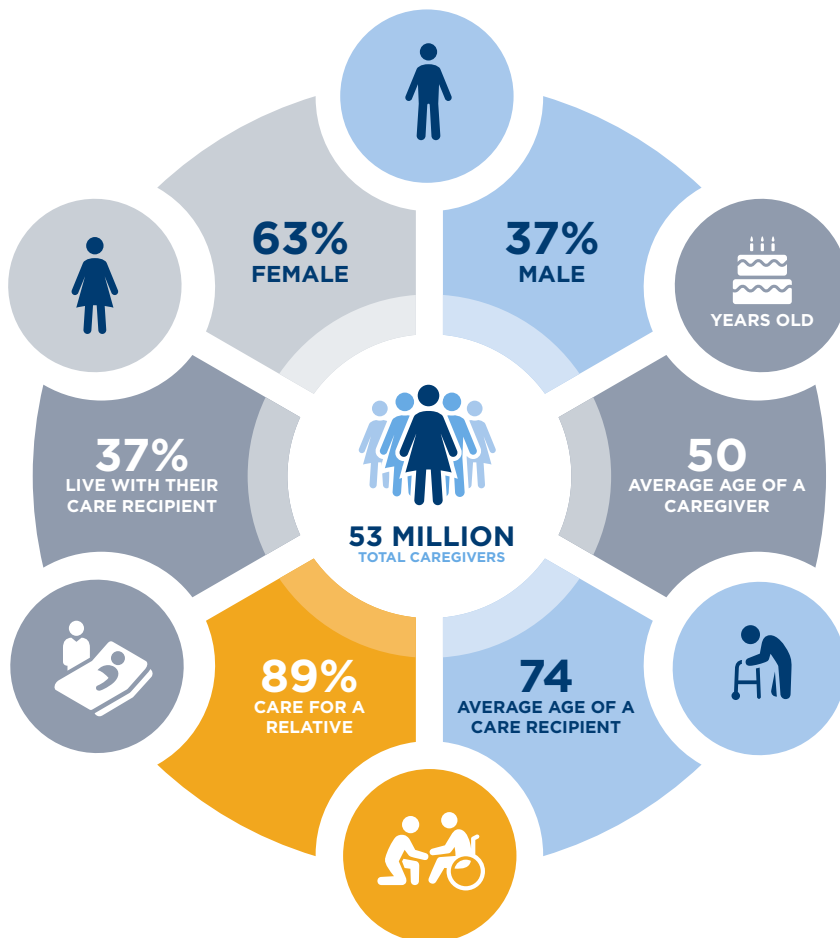
*A caregiver's guide*  
to support services



- 3** . . . . Caregiving by the numbers
- 4** . . . . Top challenges caregivers face
- 5** . . . . What is respite care?
- 6** . . . . Levels of caregiver support
- 7** . . . . How to prepare for short-term care
- 8** . . . . Paying for respite care
- 9** . . . . Avoiding caregiver burnout
- 10** . . . Christian-focused care
- 11** . . . . A prayer for caregivers
- 12** . . . The importance of self-care
- 13** . . . A self-care activity
- 14** . . . Helpful apps for caregivers
- 16** . . . You can put your trust in us

# Caregiving by the numbers

As the baby boomer demographic continues to age, more family members are becoming their *caregivers*. Each year, that number increases, with 1 in 6 Americans providing care to someone 50 or older.





## *Challenges caregivers face*

As a family caregiver, you may face many obstacles as you provide care for your loved one.

### **Lack of sleep**

Taking care of your loved one's needs may disrupt your sleep routine

### **Going solo**

You may feel like you have to go it alone

### **Unexpected issues**

Your loved one's health may put you in frequent crisis mode

### **Daily disruptions**

It may be hard to find time for your usual routines and self-care

### **Pressure to provide more**

Advancing health challenges may move beyond your care abilities





# What is respite care?

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

### Our respite care solutions include:

- Memory care assisted living
- Assisted living
- Long-term care



## When can you use respite care?

Whether you need [help](#) with everyday tasks, a break for one day or a whole week of care for your loved one, our services can help cover the gaps of time when you need additional assistance or to be apart from them.

We provide support and services for a minimum of 24 hours to 14 days in our long-term care and assisted living locations.

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 or long-term care is the right solution for a loved one's future needs.

## Levels of caregiver support

Our communities have reliable services and solutions to lighten the load of your caregiving responsibilities with personalized care for your loved one. We'll help you both decide which service is the right fit for now and what may help in the future.



### Home care

This level of care provides in-home solutions that support you and your loved one while helping to keep your life in balance. Services include help with household chores, meal preparation, personal hygiene and grooming, errands, appointment transportation and more. You can customize services to meet your unique needs.

### Home health

When you choose home health services, your loved one will receive medical care in their own home from registered nurses, therapists, social workers and aides. Services include medication management, wound care, disease or symptom management, post-surgical rehabilitation and evaluation and more.

### Short-term stay

With a short-term stay at one of our long-term care or assisted living communities, your loved one will experience compassionate, capable care from licensed nurses in a comfortable setting. They'll receive physical and emotional support, social engagement and any necessary medical care. Short-term stays allow you to take time to care for your personal 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.

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

- A list of medications
- An advance directive
- Notes from most recent primary care doctor visit
- Insurance information
- Medicare card
- Social security card
- Vaccination records

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.



## What to pack



Pack the same things you would for a vacation. Include toiletries and at least seven outfits if your loved one will stay a week or longer. Extra cardigans or sweaters are important, as well as electronics and chargers.

Bring a few photos of family and pets. Also pack a comfort item - like a blanket or pillow. It will help your loved one feel at home.

## Important COVID-19 information

We highly recommend getting the COVID-19 vaccine and the booster, when eligible. Being vaccinated for COVID-19 is not a requirement for respite admission, but a 14-day quarantine is required for any new admission that is not vaccinated. Exception: An individual with documentation that they are within the 90-day COVID-19 recovery period.

# Paying for respite care

## Factors to consider

- Level of care
- Length of stay
- State laws and regulations

## How to pay

If you're wondering how to *pay for the care your loved one needs* – or may need in the future – we have six payment options you should know about.



**PAYMENT**

## Forms of payment:

- **Out-of-pocket payment**
- **Private insurance coverage**
  - Most plans do not cover respite care costs, but some will.
- **Government program assistance**
  - [Benefits.gov](https://www.benefits.gov)
  - Department of Veteran Affairs
  - Medicaid
    - Medicaid may cover long-term care services like nursing home stays, assisted living services and in-home personal care if a person qualifies for their state's Medicaid program.
  - Medicare
  - National Council on Aging (NCOA)
  - Program of All-Inclusive Care for the Elderly (PACE)
    - Some states have PACE, a Medicare program that provides care and services to people who otherwise would need care in a nursing home. PACE covers medical, social service and long-term care costs for people who qualify to continue living at home instead of moving into long-term care.
  - Social Security Disability Income (SSDI)
  - State Health Insurance Assistance Program (SHIP)



**MEDICARE**

## What does Medicare cover?

Medicare will cover most of the cost of up to 5 days in a row of respite care in a hospital or skilled nursing facility for a person receiving hospice care.

When it comes to [Medicare paying for home care or home health](#), certain criteria must be met. This includes length of stay, the type of services you receive and whether you have a doctor's orders.

[Medicare Part A](#) is the hospital insurance component of Medicare and generally covers short-term inpatient care at hospitals and skilled nursing centers.

[Medicare does not cover long-term nursing home care](#). When a physician says skilled nursing care is required, Medicare may cover up to 100 days of the beneficiary's nursing home stay.





## 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. Even a few hours of respite care a week can make a difference.

“*One couple relies on respite care to help when the husband needs to have surgery and isn't able to care for his wife like he usually does. He can recover properly while his wife is being cared for.*”

*Respite care gives caregivers peace of mind knowing we can meet the needs of their loved one physically, emotionally and spiritually while they get the time they need to rest.*”

- Alena Goergen, director of nursing at Good Samaritan Society  
- Miller Pointe in Mandan, North Dakota



## *Christian-focused care*

You'll notice the calm, faith-focused atmosphere of our communities when you step inside our doors. We provide care to people of all faiths and beliefs with a commitment to serve residents and their families with compassion and understanding.

Our communities offer a variety of spiritual ministries including daily devotions, Bible studies and worship services that allow residents to remain active and engaged – mind, body and soul. We are dedicated to sharing God's love through the work of health, healing and comfort.

*“May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope.”*

- Romans 15:13



*Dear Lord,*

Show us how to care for others in your name.

Help us seek first your kingdom and your righteousness.

Take away our worries of the future and fix our eyes on you.

In Jesus' name we pray.

*Amen.*

# The *importance* of self-care

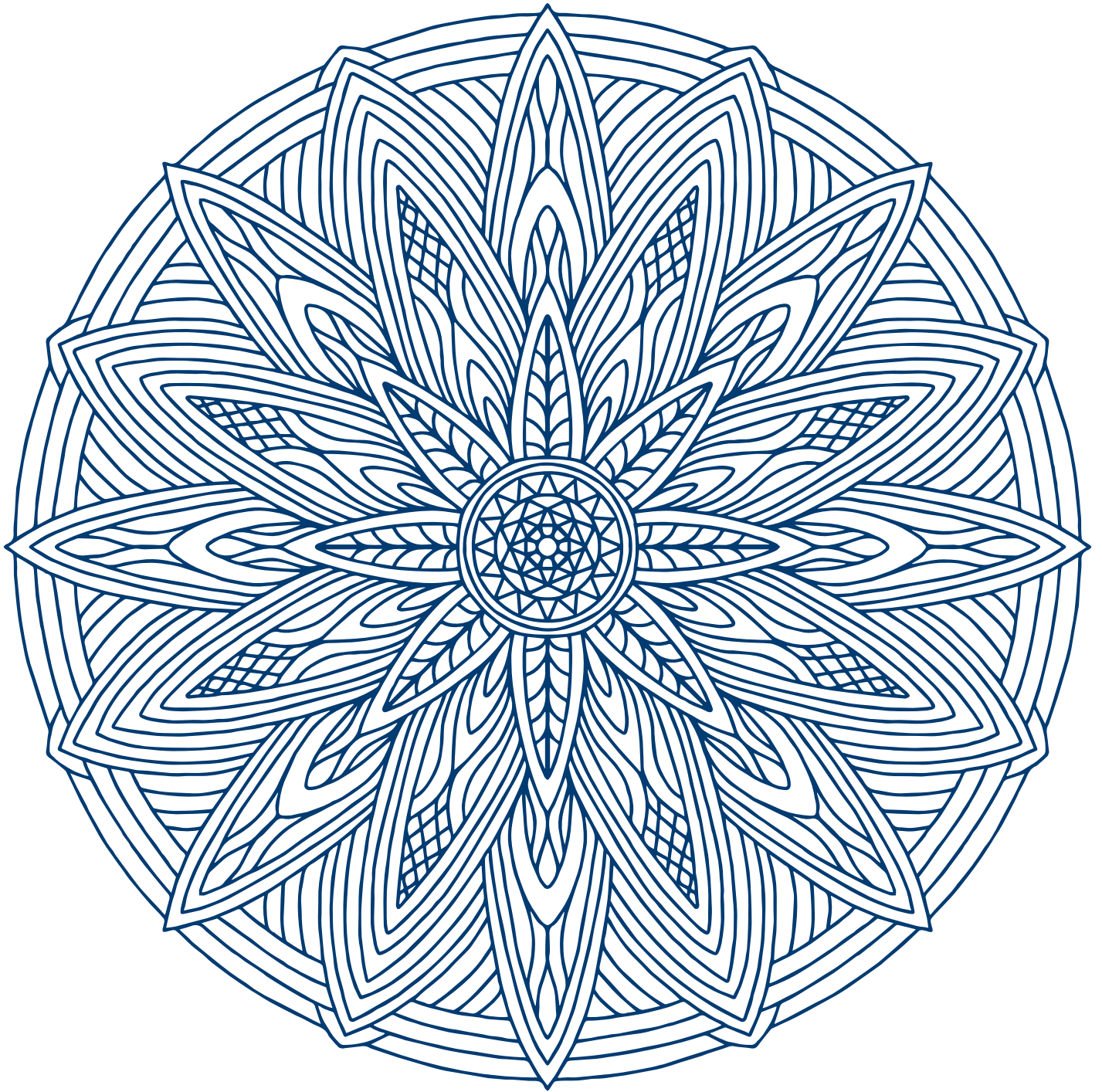
As a caregiver, self-care is crucial to your well-being.

Take time for yourself to disconnect and decompress by coloring the image on the next page.

Once complete, hang it in a place that will be visible to you and will serve as a reminder to slow down and enjoy the small moments.







“*Be still and know that I am God.*”

- Psalm 46:10

# Helpful apps for caregivers

The following apps can help you be a calmer, more organized caregiver. Download them on the App Store or Google Play.

## For community support

- **CaringBridge** (partnered with GoFundMe) – A streamlined way to keep family and friends informed when a loved one is recovering from an illness or injury. The app makes it convenient to post regular communications and also direct people to a GoFundMe donation page.
- **Ianacare** – This app provides a way to get the support you need from family and friends and has information about other resources.
- **MindMate** – An app for those caring for someone with Alzheimer’s or another related dementia. It helps keep your mind and body fit with daily activities, nutrition resources and recipes.



**COMMUNITY**

## For health and medication assistance

- **CareZone** – This app lets you store medication lists that can be shared with doctors. It keeps track of health statistics while also providing reminders about prescription refills and deliveries.
- **Dosecast** – This app connects multiple users with the same person so they can help their loved one track and log their medications and take the correct dosage at the right time. It also helps manage refills.
- **PainScale** – Download this app to help your loved one track their pain and manage it. The data can be shared with doctors to help them make treatment decisions.



**ASSISTANCE**

## For spiritual and emotional support

- **Dwell** – A way to stay connected to the Bible through playlists, stories, passages and plans. In addition to passage recordings, the app includes uplifting music and artwork.
- **Reflect: Christian Mindfulness** – Choose from seven areas of meditation. Each meditation is centered on a Bible passage or prayer theme.
- **Sanvello** – This app provides resources to improve mental health by reducing anxiety, stress and depression through self-care, peer support, coaching and therapy.



**SUPPORT**



# You can put your *trust in us*

We've delivered senior care services across the nation since 1922.

Our compassionate, capable staff members are dedicated to providing quality care.

## Our communities offer:

- Adult day services
- Assisted living
- Home health
- Home care
- Hospice
- Independent living
- Long-term care
- Memory care
- Respite care

We're here to help complement your care with reliable services and solutions that support both you and your loved one.



Visit [good-sam.com](https://www.good-sam.com) or call (855) 466-3726  
to find a community near you.



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