



Respite Care Continued

Local Resource Guide

The Internet is no longer the domain of the young. In fact, America's seniors are turning to computers more than ever before. If the senior in your life is not among the 53% of U.S. seniors 65 and over who go online, here are some interesting sites geared especially to the senior demographic that you can introduce to help him or her become part of this new generation of 'silver surfers'.

Links to local senior services sites

[Senior Linkage Line](#)-- The Minnesota Board on Aging's free statewide information and assistance service

[Minnesota.Info](#)--Information on senior specific issues

[Anoka County](#)--Senior Help

[Washington County](#) MN Services

[Ramsey County](#) MN Senior Services

[Hennepin County](#) MN senior services

In general, each individual county has various programs to help seniors with chores around in and around the home to assist them staying at home. You may also want to contact your city to find out if they have helpful services.

How to Care for The Family Caregiver & Prevent Caregiver Burnout

Besides scheduling regular respites, we recommend a practice of the following to relieve stress and maintain optimal health:

- Exercise — make it part of the schedule for added energy.
- Get plenty of sleep — at least seven hours a night.
- Eat regular, well-balanced meals.

- Maintain contact with friends for essential emotional support.
- Stay involved in hobbies and social activities.
- Join a support group, which can encourage and back them up with experienced advice.
- Seek support through faith and faith community, which could be a good source of volunteer caregiving help.
- Visit a doctor regularly and share concerns about the effects of caregiving on their own health.
- Take time to pamper themselves — for instance, get a manicure or massage.
- Laugh. Find humor in everyday situations and take time out with a humorous book or movie.
- Keep a journal to record thoughts and feelings. It provides an essential release for emotions.
- Arrange for a family member, friend or volunteer from a church or senior center to call on a regular basis to see if they need help.
- Confide in others. Do not bottle up your emotions.
- Know your limits. Each Caregiver knows what other responsibilities they have, so be realistic about how much time they can give to caregiving. Do not be afraid to delegate.
- Learn as much as you can about caregiving and their loved one's needs or illness. The more they know, the more effective and more satisfied they can be.

Often, family and friends want to help. They just do not know how. We recommend that the lead family caregiver always having a list of assignments ready, like preparing meals, picking up a few things at the grocery, going on a walk with the senior or staying with him from time-to-time.

If they are unable to find other resources for respite care Comfort Keepers provides this care too. For as little as 3 hours per visit we can come in and help the family caregiver get a richly deserved break. [Click Here](#) for Comfort Keepers respite Information.