

## CARE PARTNER RESPITE PROGRAM

Caring for an individual with Alzheimer's disease or a related dementia can be challenging, and at times, overwhelming. Being a good care partner doesn't mean that you have to do it alone. Often during the journey living with dementia, people need extra help in order to cope with day to day challenges.

### WHO IS ELIGIBLE FOR RESPITE?

The Care partner Respite Program aims to provide support and time away for full-time care partners, who reside in the community and live with a person living with dementia. Respite is available for any person who has Alzheimer's disease, other forms of dementia or memory concerns.

### HOW DOES IT WORK?

A regularly scheduled 4-hour respite visit per week is recommended to support self care. One-time respite is also available for people to attend medical appointments, Alzheimer Society programs or other activities outside of the home. An individually based assessment needs to be completed to determine client and care partner needs.

### HOURS AVAILABLE

Respite can be scheduled between the hours of 7 am to 7 pm Monday to Friday. Occasional weekend respite may be available upon request.

### FEE

There is no cost associated with the respite services, but if people miss more than 3 scheduled visits, without providing cancellation notice, they will be ineligible for future respite support.