

The Area Agency on Aging of Western Michigan (AAAWM) is pleased to announce a new program to provide respite services for caregivers. The Respite Certificate Program is part of expanded services available through the National Family Caregiver Program, a new federally-funded service.

A limited number of “respite certificates” are available in your community. These certificates can be used as payment at participating adult day service providers, in-home respite providers or overnight respite providers.

These certificates are available for any person 60 or over who serves as a caregiver, as well as for persons of any age who are providing care for someone 60 years or older.

Certificate use is based on your need; some cost sharing may be required. Please contact the AAWM or one of the outreach and assistance providers listed in this brochure for more information.

Funding for this program is provided by the Older American Act, Title III National Family Caregiver Program with coordination by:



The Source for Seniors
www.aaawm.org



Caregiver Resource Network
www.caregiverresource.net

Caring for your loved one,

Caring for yourself



*Don't Walk the Caregiver Path
Alone*

Caregiver Respite Certificate Services
Available in Kent County

COMMONLY ASKED RESPITE QUESTIONS

What is respite?

Respite describes services that give you a break from the 24 hour days of caring for a loved one who cannot be left alone. All caregivers need time for themselves -- time to do necessary work, business, family or community activities, or just to relax.

What respite services are available?

Respite services vary from area to area, but are divided into three main types.

- ***In-Home Respite*** is provided to care for your loved one in your own home, usually for 2-8 hours at a time.
- ***Overnight Respite*** is care provided to your loved one in a location outside of your home for a period of time (up to 24 hours). All overnight respite occurs at an approved facility (i.e. assisted living location).
- ***Adult Day Services*** are group programs in an out-of-home setting highlighting socialization, activities and nutrition for persons with special needs.

All three programs are designed to provide companionship for your loved one while allowing you some relief from primary caregiving responsibilities.

Why should I consider respite services?

As a caregiver, you know that this important job is both rewarding and sometimes stressful. Often, it is hard to find the time -- or remember -- to take care of **you**. Respite programs have been developed to help you continue to be the best caregiver possible for your loved one by providing you with the gift of personal time.

How can I find out more?

If you have any questions or concerns about accessing service, or if you would like more information about other caregiver programs which may be available in your area, please contact the Area Agency on Aging of Western Michigan (toll free 1-888-456-5664) or the respite certificate providers listed below:

RESPITE CERTIFICATE PROVIDERS IN KENT COUNTY

Area Community Services & Employment Training (ACSET) phone: (616) 336-4186
121 Franklin Street SE, Grand Rapids

Easter Seals Michigan phone: (616) 942-2081
4065 Saladin Drive, Grand Rapids

Gerontology Network phone: (616) 456-6135
516 Cherry Street SE, Grand Rapids

Senior Neighbors, Inc. phone: (616) 459-6019
820 Monroe NW, Suite 460 Grand Rapids

United Methodist Community House phone: (616) 241-1645
904 Sheldon SE, Grand Rapids

PARTICIPATING RESPITE SERVICE PROVIDERS IN KENT COUNTY

CareTree Adult Day Services Adult Day Services

Friendship Place Adult Day Services

Gentiva Health Services In-Home Respite

Health Care Associates and Community Care Givers In-Home Respite

**Hope Network Behavioral Health Services
(Family Life Center)** Overnight Respite and
Adult Day Services

Luther Community In-Home Respite and
Overnight Respite