

## **Going on Vacation? Need a Break? RESPITE CARE AT HOLY TRINITY**

Someone who is elderly or ill may feel isolated if they are at home all the time. Caregivers can feel isolated, too. Respite care may be a welcome break for both of you. Respite care allows you to take a timeout from your caregiving responsibilities. You may need a regularly scheduled break, last-minute help when an emergency comes up, or a longer rest to recharge your batteries. You may be away for a few days or a few weeks.

Respite care offers a safe, comfortable place for your loved one while you are away. Trained providers can sit and talk with someone who is disabled or ill. They may also help your loved one:

- Bathe
- Get in and out of bed
- Dress
- Eat and drink
- Take medications
- Exercise
- Enjoy activities/socialize

### **Peace of mind for you, a fulfilling life for your loved one.**

Let Holy Trinity be your partner in senior care. Call us today at 508-852-1000 to schedule a personalized tour and discover how we can enrich your loved one's golden years.