

## Who is Eligible?

Caregivers who give assistance and support to a family member or another loved one due to:

- \* Aging
- \* Alzheimer's/Dementia
- \* Brain Injury
- \* Chronic Illness
- \* Disability (developmental, intellectual, physical)
- \* Mental Health

## Dakota at Home Resource Directory

\* **Access** resources on agencies, organizations and providers at <https://southdakota.assistguide.net/>

\* **Access** topics in the **Learning Library:**  
Caregiver  
Alzheimer's & Dementia  
Assistive Technology  
Legal Services  
Veterans Services  
Social Security  
Medicare  
Long Term Care  
Rights  
and other topics of interest

## Contact Information

Who can I contact for more information on respite or to engage in services?

**Call: Dakota at Home**  
**1-833-663-9673**

**Website: Dakota at Home**  
**<https://dakotaathome.org>**



The Department of Human Services does not exclude, deny benefits to, or otherwise discriminate against any person on the basis of actual or perceived race, color, religion, national origin, sex, age, gender identity, sexual orientation or disability in admission or access to, or treatment or employment in its programs, activities, or services. For more information about this policy or to file a Discrimination Complaint you may contact: Discrimination Coordinator, Director of DHS Division of Legal Services, 3800 E. Hwy 34, c/o 500 E Capitol Ave, Pierre, SD 57501, 605.773.5990.

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# South Dakota Lifespan Respite



*Our goal:*

*Improve overall access to  
respite for families and other  
caregivers across the lifespan*



## What is Respite?

Respite is taking a break from the daily responsibility of providing care to a family member or another loved one, who due to aging, disability, or chronic illness, needs ongoing assistance and support.

Respite may be provided in your own home, a day program or another residential location. Respite allows caregivers to take time for themselves, and when used effectively, reduces caregiver fatigue and care recipient stress.

Respite also creates opportunities for family members and other primary caregivers to keep or make new social connections and attend community activities.



## Benefits of Respite

### Caregiver

- ✓ Time to do something for yourself, e.g., visit friends, read a book, take a nap, go shopping or fishing
- ✓ Time for everyday activities, e.g., run an errand, medical appt., attend a community meeting or event
- ✓ Focus on personal needs
- ✓ Maintain overall health and well-being
- ✓ Feel a sense of relief or renewal
- ✓ Reduce stress and exhaustion

### Care Recipient

- ✓ Opportunity to socialize with others
- ✓ Maintain overall well-being
- ✓ Feel a sense of renewal
- ✓ Time away from the caregiver
- ✓ Strengthen relationship with caregiver

### Family

- ✓ Increase family time
- ✓ Maintain relationships, e.g., children, spouse or partner
- ✓ Reduce stress for everyone including care recipient
- ✓ Time to live "an ordinary life"

## Asking for Help

As caregivers, it is natural to become so focused on the person who needs care that we lose sight of our own wants, needs, and even our identity.

Everyone says it's important to "take care of yourself," but what does this really mean? It means not trying to do the job alone, or for too long. You may need to ask family and friends for help and use respite to give yourself some time off.

Caring for yourself improves your ability to continue to care for your mother, father, sibling, spouse or partner, child, grandparent, or another family member or friend. Utilizing respite can assure that you are able to continue to provide good, quality care for your loved one.

