

## **Respite Care**

Temporary care provided in the home or at another location for someone needing assistance with daily living activities to allow a break for the usual care provider.

Article

### **Respite and the Faith Community ~ Fact Sheet**

The ARCH National Respite Network and Resource Center's fact sheet on Respite and the Faith Community provides information on how faith communities can provide or support respite services.

Source

[ARCH National Respite Network and Resource Center](#)

Article

### **Adult Day Services and Respite ~ Fact Sheet**

The ARCH National Respite Network and Resource Center fact sheet on Adult Day Services and Respite provides a primer on how Adult Day Services provide an option for respite for family caregivers.

Source

[ARCH National Respite Network and Resource Center](#)

Article

### **Exploring Respite Opportunities and Options**

The ARCH National Respite Network and Resource Center developed a summary of respite options outside of the formal respite services system.

Source

[ARCH National Respite Network and Resource Center](#)

Books & Guides

## **Charting the LifeCourse: Respite Guide**

[Charting the LifeCourse: Respite Guide](#) is a unique resource that provides helpful information for caregivers. Being a caregiver can be both rewarding and challenging, so it's important for caregivers to take care of themselves.

Source

[Missouri Family to Family](#)

Article

## **Apply for a Dementia Home Care Grant**

Hilarity for Charity® and the Home Instead Senior Care® network are working together to award home care grants to those providing care to their loved ones living with Alzheimer's disease or other dementias.

Source

[Hilarity for Charity](#)

Article

## **9 Steps to Respite Care for Family Caregivers of Persons with Dementia, including Alzheimer's Disease**

Caregivers of family members with dementia and Alzheimer's disease may benefit from respite breaks due to the special challenges they face.

Source

[ARCH National Respite Network and Resource Center](#)

Links

## **Charting the LifeCourse Respite Tools**

These respite tools provide information on the importance of respite, tools for thinking about and planning for respite, and additional resources for finding informal respite in the community. Resource materials include a respite guide book, portfolio and other tools meant to help family caregivers caring for anyone of any age or disability to create a plan to access respite services whether within or outside of the formal services system.

Source

[Charting the LifeCourse Respite Tools](#)

Article

## **Caregiving 101: On Being a Caregiver**

Caregiving has many challenges and also many rewards. This article covers important topics for caregivers.

Source

[Family Caregiver Alliance](#)

Links

## **Hiring Caregivers: Finding and Hiring Respite Providers**

Source

[Hiring Caregivers: Finding and Hiring Respite Providers](#)

Links

## **National Respite Locator Service**

Source

[National Respite Locator Service](#)

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