



## Respite care with the The Lodge of Mountain Lake

Respite care is any type of care that provides relief when you need it. It gives caregivers a short-term break while providing quality care to meet their loved one's needs.

### Respite care helps you and your loved one.

It gives you:

- Time to rest
- A support system
- Peace of mind

It gives them:

- A safe, comfortable stay
- Personalized, compassionate care
- An opportunity to make new friends

### When can you use respite care?

We provide support and services for a minimum of five days to 30 days in our assisted living location at The Lodge of Mountain Lake, managed by the Good Samaritan Society in Mountain Lake, Minnesota.

When you choose a short-term stay for your loved one, it gives you time to focus on your well-being. Short-term stays also help families decide if assisted living is the right solution for a loved one's needs.

### How to prepare for a short-term stay

When you're ready to use respite care services, it's important to help your loved one prepare for a short-term stay so they feel as comfortable as possible.

Give your loved one a chance to see the building and meet people in advance by calling to set up a time to attend an activity like devotions or bingo.

It's also helpful to provide a summary of your loved one's routine and a list of their favorites – foods, TV shows and more. If your loved one experiences confusion or has anxiety or communication deficits, it's also helpful to outline their triggers and how to best calm and redirect them.

## When scheduling a short-term stay, you'll need to have the following items ready:

- Completed application with a copy of your driver's license and Social Security card
- Completed background check done by The Lodge of Mountain Lake
- Health assessment completed by an RN at The Lodge of Mountain Lake

## What to pack

Pack the same things you would for a vacation. The below items will help your loved one feel more at home.

- Toiletries
- Medications with prescription labels
- An advance directive or physician orders for life-sustaining treatment (POLST)
- Clothing, at least seven outfits if your loved one will stay a week or longer
- Extra cardigans or sweaters are important
- Electronics and chargers
- A photo of family and/or pets
- Comfort item – like a blanket or pillow

## Avoiding caregiver burnout

We know that being a family caregiver is a major commitment and caregiver burnout is real. It takes a lot of time, effort and love to ensure your loved one is safe and healthy. There are steps you can take to protect your physical and mental health and achieve more balance in your life:

- Get enough sleep, proper nutrition and exercise.
- Make it a priority to participate in hobbies, work or social activities.
- Lean on others for support. A friend, pastor, family member or support group can help you talk through your feelings.
- Focus on gratitude to allow you to see the blessings in your life.

At The Lodge of Mountain Lake, we're here to support caregivers like you, no matter what stage of the journey you're in – or how much help your loved one needs.

**Please contact us at (507) 427-2465 for more information.**



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