



## Allow us to care for your loved one

Memory care assisted living respite care provides relief when you need it. It gives caregivers a short-term break while providing quality care to meet their loved one's needs.

Memory care assisted living 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, secure environment
- Personalized, compassionate care
- An opportunity to make new friends

### When can you use memory care assisted living respite care?

We provide support and services for a minimum of 7 days to 30 days at our memory care assisted living location in Sioux Falls.

When you choose memory care assisted living respite care for your loved one, it gives you time to focus on your well-being. It also helps you decide if memory care assisted living is the right solution for your loved one's needs.

### How to prepare for a memory care assisted living respite care stay

When you're ready to use respite care services, it's important to help your loved one prepare for their 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 memory care assisted living respite care stay, you'll need to have the following items ready:

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

## 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
- 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 , 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 at (605) 368-6450 for more information on memory care assisted living respite care.**

