

Military OneSource Podcast — Respite Care for Caregivers

Program title:

Episode transcript:

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When you become the primary caregiver for a wounded, ill or injured loved one, you promise to offer around-the-clock care. Your heart may want to be able to deliver that attention 24 hours a day, seven days a week, but your mind and body will likely need moments to relax, regroup and reorganize. Taking time for yourself, whether it is a morning to run errands or a relaxing weekend away, is key in allowing you to return refreshed and focus your full attention on caring for your loved one.

The first step in taking a well-deserved break from caregiving is accepting that it is OK to walk away for a few minutes or even a few days. Exploring your options for respite care and speaking with representatives can help you feel more comfortable leaving your loved one in the capable hands of another caregiver for short stretches of time.

Whether you have been postponing respite care, convincing yourself that it isn't for your situation—or it's a term you know little about—you have options and you can choose something that you and your loved one are both comfortable with. Respite caregivers can come to your home to stand in while you take time for yourself or arrangements can be made for your loved one to attend a program outside of the home for a period of time.

Respite care options for your wounded, ill or injured service member might lead you to the TRICARE Extended Care Health Option benefit, Veterans Affairs medical centers or the National Resource Directory to locate national, state and local resources. Military OneSource's wounded warrior page can connect you with your adult respite care options. Visit <http://www.militaryonesource.mil/wounded-warrior> to access this information.

For general questions about your options, a conversation with a Military OneSource wounded warrior or special needs consultant is a great place to begin your research. Consultants can provide information about respite care resources through community programs, TRICARE and each service branch. You can learn more about your options for respite care for your wounded, ill or injured loved one by visiting Military OneSource and choosing the appropriate category from the Health and Wellness topics dropdown menu. When you're ready to schedule a consultation, call 800-342-9647 and ask for an appointment with the specialty consultant you need.

-- For more information, visit Military OneSource at <http://www.militaryonesource.mil>, an official Department of Defense website.

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