

# FINDING GOOD RESPITE: PART 1

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FACT:

Every parent needs a break from their caregiving role.

Respite care is one way to get a break.



Pony Bird

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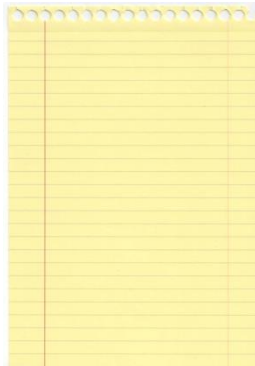
636-282-1414 or 636-933-3764

Charting the LifeCourse Ambassador, 2019

## Objective:

Increased satisfaction/benefit from the breaks you receive

**You will need:** Plenty of paper to write on and a pen or pencil



# Getting a Meaningful Break

- Getting well-planned, purposeful short breaks from your caregiving role will benefit you and your entire family. You will manage stress better and enjoy better relationships with others. If you fail to get breaks to relax and recharge, you might experience mental and physical health issues over time. However, the key is planning your breaks with a purpose. So don't be like Alice. Plan your breaks with a vision in mind of what GOOD RESPITE would look like.

## **ALICE IN RESPITELAND**

Alice: *Would you tell me, please, which way I ought to go from here to find GOOD RESPITE?*

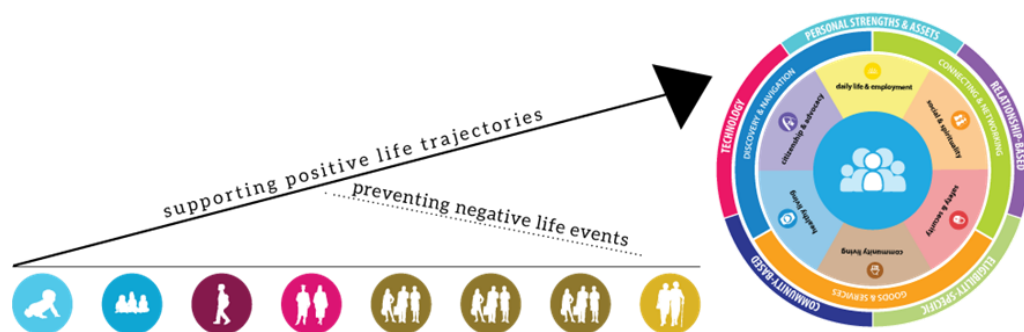
Cheshire Cat: *That depends a good deal on what you consider GOOD RESPITE.*

Alice: *I don't much care...so long as I get a break.*



# Introducing Charting the LifeCourse

- Pony Bird has over 40 years of experience helping families get respite care and we know that most caregivers will only take a break if they are sure their loved one is happy, safe, and well cared for in their absence. Knowing this we encourage you to walk through some steps. The Charting the LifeCourse framework can help you find your GOOD RESPITE.
- Material in this session has been adapted by NextStep for Life from work developed by MO Family to Family | UMKC Institute for Human Development | UCEDD in partnership with ARCH National Respite Network & Resource Center.



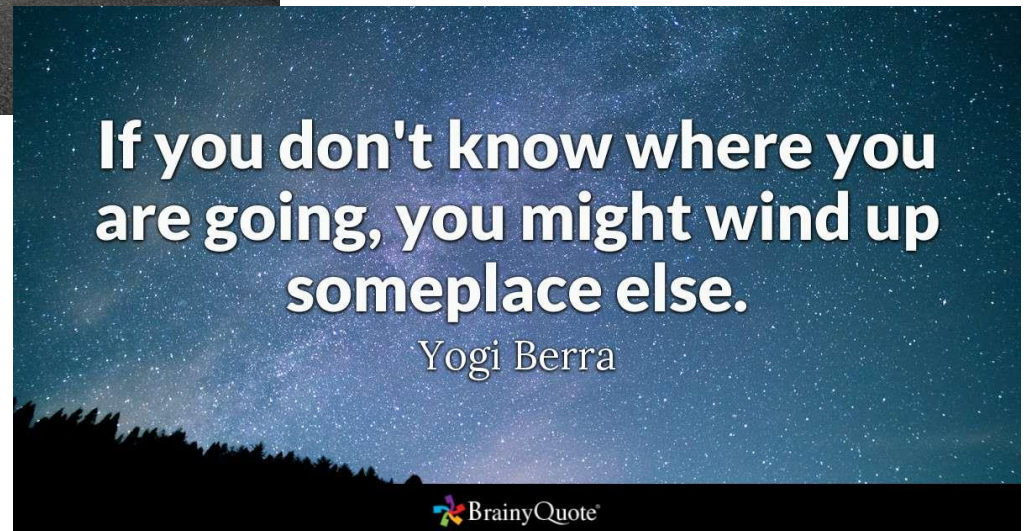
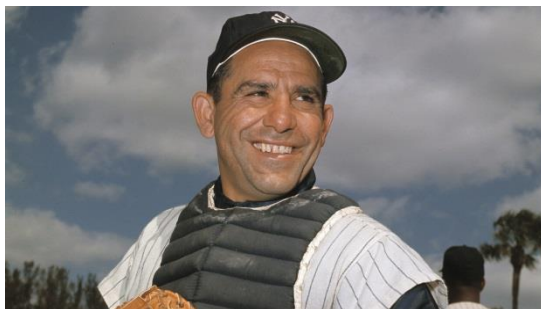
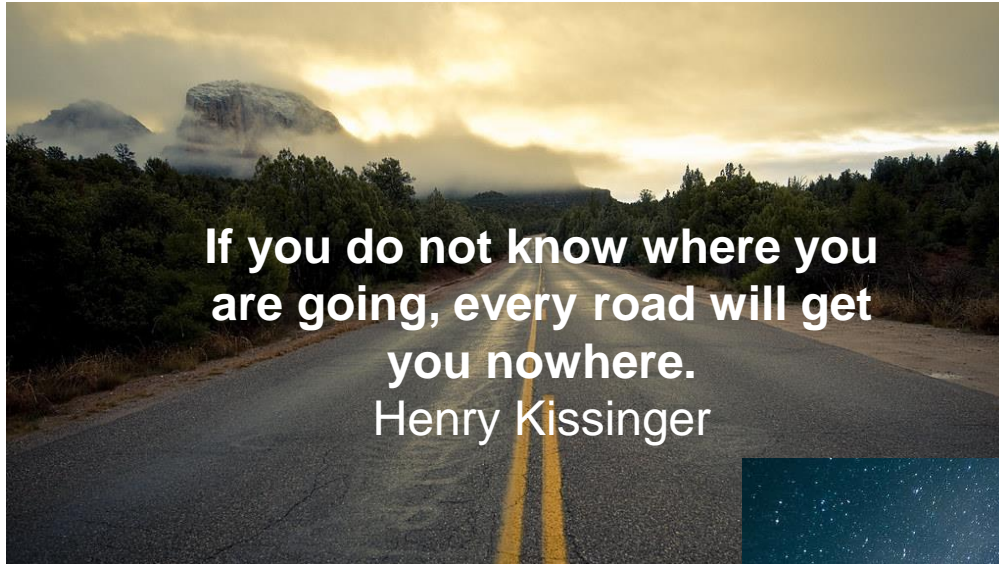
# Let's Start...

- If you take a trip to a new place you will need directions (steps) so you might use a roadmap or an app on your phone. Think of LifeCourse as the roadmap that will help you get to your destination which is GOOD RESPITE. This framework can also help you with any planning, problem solving, or decision making





# Some quotes before we dig in...



# How do you know where you want to go?

GOOD RESPITE



- For our purposes we are talking about GOOD RESPITE!
- This is a meaningful break where you have some positive benefits like....
  - ☺ Relaxation   ☺ Revitalized   ☺ Less Stress   ☺ Less Isolated   ☺ Energized
  - ☺ Socially Connected   ☺ Time with other family members
  - ☺ Handle Important Family Matters   ☺ Health/Wellness   ☺ Joy   ☺ Serenity
  - ☺ Community Engagement   ☺ Address Spiritual Needs
  - ☺ Improved family relationships   ☺ Ability to Provide Better Care, Longer
- The benefits you desire are unique to you. LifeCourse tools will help you think about what GOOD RESPITE means to you and how to leverage your resources to make it a reality.



# You begin with a dream...

- What does a GOOD RESPITE look like for you?
- How will you benefit?
- What will you do?
- Who will you spend time with?
- What will it take for you to be comfortable leaving your loved one?
- What kind of person do you want to leave them with?
- How much time & how often do you want a break?
- When do you want to go?
- What will your loved one do while you are gone?
- **WHAT DO YOU WANT?**





# Continuing your dream...

- When you are thinking about what you want your GOOD RESPITE to look like don't forget your family member.
- We know that families will not use respite if they think their loved one is not receiving good care or if s/he is frightened or treated badly.
- Think about what kind of experience you want your family member to have while you are away getting a break.
- What would they like to do during respite?
- What kind of people would they like to spend time with?
- Consider asking your family member or complete a second list (dream cloud) just for them.

This might be a good time to write down your thoughts on what GOOD RESPITE looks like for you.



# What to avoid...

- What would make your break a bad respite?
- What didn't work in the past?
- What made you feel uneasy or stressed out when you tried to get a break?
- What barriers will you have to overcome to get a break?
- What did your loved one not like about the time you were away?
- Think about your family member & what they would not want to happen during respite.



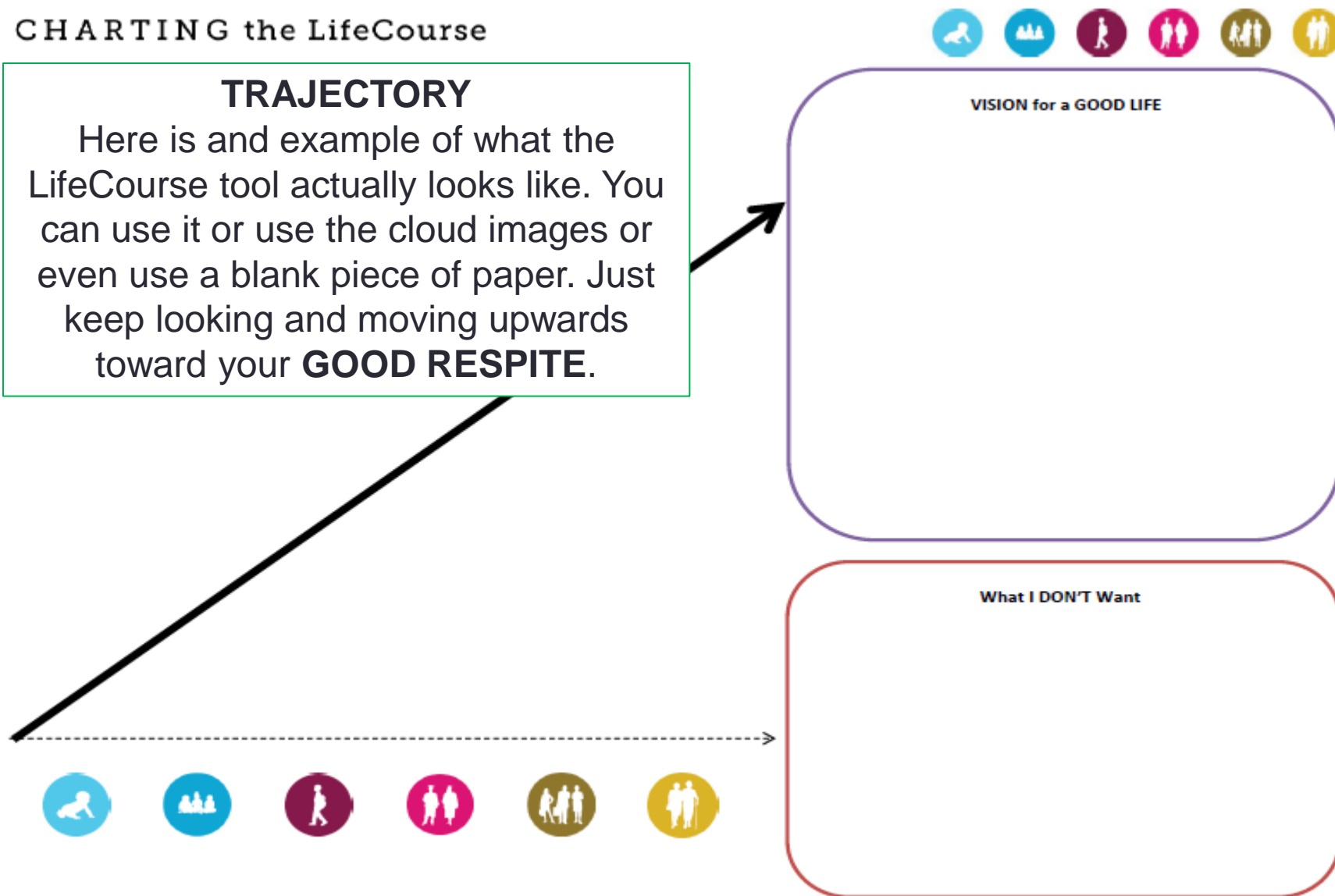
This might be a good time to write down your thoughts on what you want to avoid when using respite care.



## CHARTING the LifeCourse

### TRAJECTORY

Here is an example of what the LifeCourse tool actually looks like. You can use it or use the cloud images or even use a blank piece of paper. Just keep looking and moving upwards toward your **GOOD RESPITE**.



# That ends Part 1

- Take some time to think about your GOOD RESPITE.
- Be sure to write down your thoughts.
- To take the next step following the Charting the LifeCourse framework be sure to view the other presentations in this series. There is more information online at the LifeCourse website.
- Go to <https://www.lifecoursetools.com>. Drop down the menu for the “LifeCourse Library” then slide over to “Exploring-the-life-domains” then click on “Respite.” You will find videos and tools to use to continue your search for GOOD RESPITE.

