

DVD Review – January 5th, 2010

Written by Daniel
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Review – “Respite helps us find balance” DVD



- Starts out talking about the life of the carer
 - their stresses; emotional , physical, health, isolation
 - the lack of consideration of the carers
 - **Question to the carer “How are you?”**
 - Carer health vital to the health of the person being cared for
- Respite for carers is about restoring a balance in the lives of the carers
- w/o a break from caring, Carers start to head down as well, diminishing their effectiveness
 - important timeout = better carers
- Carers typically are not trained/educated on the condition of the person they care for
 - Stroke, MS, psychotic conditions
- Respite is for the family member, neighbour, carer living with the patient
- **Carers are reluctant to organise respite as they have an enormous sense of betrayal to those they care for**

Types of Respite; in home, day centre’s, residential, overnight respite, holiday respite or 24 hour emergency respite – allows carers to continue their roles without nay lapses

ACCESS RESPITE : - 1800 059 059 > a toll free, nationwide service which puts you in touch with a local assessors or your local doctor to determine the exact needs you have; eligibility, financial, language, cultural needs.

- ⇒ all help to create a respite plan that works for the carer
 - in particular an emergency plan to circumvent any lapse in care
 - you can choose 1 type of respite or a combination of planned respite
 - by taking care of yourself you avoid going into hospital yourself form the stress of looking after the family member etc...
 - “by looking after yourself you look after the one you care for by not putting yourself into hospital from exhaustion”

Reducing the impact of acquired brain disorders in our community.

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IN HOME RESPITE

- trained carers make home visits
- planned, regular or occasional
- practical care for the stresses on the family
 - common sense of isolation felt by carers & for those whom they care for

DAY CENTRES

- provide a safe, secure and enjoyable environment for those you care for to be entertained cared for & participate in recreational activities
- videos, exercise, bingo, music
- allows carers to have precious time by themselves

RESIDENTIAL RESPITE

- where they whom are cared for spend a short amount of time in a residential facility; overnight, a week or a few weeks
- high level and standard of care provided
- carers don't normally appreciate how important respite can be
- it's a home from home respite

24 HOUR EMERGENCY RESPITE

- provides advice, information to handling a crisis situation
- reassuring to know its there even if it is not required
- provides a heap of relief for persons simply knowing its available, that its there

HOLIDAY RESPITE

- provides a holiday for the carer/cared for in a group
- takes away much of the requirements of the carers e.g. pushing a wheelchair, etc. . .

CARER SUPPORT GROUPS

- provide the opportunity for carers to share problems, knowledge, practical tips or just talk
 - you don't have to explain its all about letting it all out, as carers they've been there, done that
- Respite care allows for quality time out which allows you to provide care to the one who needs it most

RESPITE CARE BENEFITS BOTH OF YOU

Contact BrainLink Services to find out how you can purchase your copy.

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