



How Do Caregivers Care For Themselves?

Caregiving can take its toll and you need a break.

Unpaid caregivers often feel emotional stress, whether trying to get some exercise regularly, run their own errands, visit their own doctor, or simply get enough rest.

Respite provides a much-needed breather for informal caregivers and offers temporary care for an older adult.

Respite is available seven days a week and can be used for as little as three hours, an entire day, or possibly even several days when you care for an older adult who requires 24-hour care and cannot be left alone. Trained homemakers provide supervision, companionship, light meal preparation, and some personal care. No medical care or medications can be given. Client contributions are requested for this Federally-funded program, but not required.

Call 708.361.0219
www.pathlights.org



Pathlights

**Enriched by experience.
Empowered in life.**

AGEOPTIONS.

Pathlights guides people along the path to aging in Southwest Suburban Cook County.

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