



## Caring for an elderly loved one doesn't have to be a burden.

Respite care is the most frequently and needed support service. It is designed to help families take a break from the daily responsibility of caring for an elderly parent, disabled relative or friend. Services such as caregiving in the home and caregiver education have also been shown to prevent more costly out-of-home placements while keeping loved ones at home as long as possible. If you or someone you know could benefit from Respite Care, **Visiting Homemaker Service (VHS) of Hudson County** can help. To learn more, visit [vhshc.org](http://vhshc.org)



**Visiting Homemaker Service**  
Trusted. Caring. Experienced.

## Why is Respite Care Important?

According to the Family Caregiver Alliance:

- 5.8 million people (families, friends and neighbors) provide care to persons age 65 and older who need assistance with everyday activities including supervision, taking medications, bathing, dressing, staying alone and meals.
- About half of these primary caregivers provide care with no outside help whatsoever.
- These caregivers will spend on average 20 hours a week for 4.5 years providing care.
- One in 10 caregivers will sustain an injury while providing Respite Care.
- 58 percent of caregivers show symptoms of clinical depression.
- A study of elderly caregivers (aged 66 to 96) found that caregivers who experienced mental or emotional strain have a 63 percent higher risk of dying than non-caregivers.

## How I Know if I Need Respite Care?

- Do you feel burdened or isolated from the constant responsibilities of care giving for a frail elderly, chronically ill, or disabled family member or friend?
- Are you having difficulty coping with the overwhelming circumstances of caring for a person with Alzheimer's disease or another condition?
- Are having difficulty finding time to attend to your own needs, family responsibilities or demands at work because of care giving?
- Does your work schedule, family responsibilities or life's other circumstances make care giving difficult?

## Services

VHS offers an array of options to best meet your needs:

- Companions/Homemakers
- Certified Home Health Aides
- Caregiver Education

**Call today and get started!**  
**(201) 656-9012**



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