



Approximately 40-70% of family caregivers suffer from depression due to fatigue and burnout. Our respite care service is designed to be a shoulder to lean on for hardworking family members.

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Everybody Needs a Break

# RESPITE CARE

is a service we offer that will help





## Our Respite Care Services include:

<b>Medication Reminders:</b>	Timely prompts to take medication, drink water and other daily wellness needs.
<b>Staying Active:</b>	Support to keep you moving and healthy from a simple walk to specific exercises.
<b>Meal Preparation and Groceries:</b>	From shopping for groceries, to planning and preparing healthy meals.
<b>Light Housekeeping:</b>	Doing dishes/laundry, taking out the trash, plus seasonal projects and organising
<b>Personal Care &amp; Hygiene:</b>	Assistance with dressing, bathing or toileting, maintaining continence or managing incontinence and use of aids and appliances designed to assist continence management – always respectful and professional.
<b>Companionship:</b>	Doing activities, building friendships, fellowships and community or just talking
<b>Check-in-Visits:</b>	A skilled care advisor can be there to check in on you or loved one

### NOTE:

*GGC LLC accepts Medicaid Waiver, Private Insurance, Blue Cross Blue Shield (BCBS) and all other insurances.*

## Respite Care

Respite Care is temporary care to provide family caregivers relief from full time care they have been providing to a loved one.

Respite care can take many forms – some family caregivers choose to have someone take on caregiver duties for a few hours a week or a few hours a day. Respite care can also be used for longer periods of time to accommodate an extended break or vacation. At Genuine Global Care we offer customized services and flexible scheduling that gives family caregivers a well-deserved break. Care can be scheduled as needed or as part of a weekly routine.

Our specially trained staff help clients live comfortably and safely in their own homes while engaging them in intellectual, physical and emotional interactions that make their days better. Genuine Global Care's Respite Care is available for both adults and children with special healthcare needs i.e. infants 6 months through to 21 years.

