



## Lifespan Respite at Work in Montana



### Respite is a Nice Break

Dad had a stroke three weeks before he turned 100 and was in rehab for a month. I quit my job to take care of him in March of 2013. In the spring of 2014, we moved, with dad, to Libby to be near our daughter and family. We didn't know many people so the help I received with Dad was from my daughter or my husband. I would get a few hours once in a while to get groceries and run errands. My sister has also been trying to come here 3 or 4 times a year from Denver to give me a break. Dad requires care 24/7 as he gets confused. Dad, who is now 103, and I get out on Tuesday and Thursday mornings to a senior fitness class at the athletic club.

We've enjoyed meeting new people there and Dad is the oldest member. We also get out to church on Sundays and have met some nice people there. We take care of the four grandkids, ages 5 to 11, on Tuesdays and Thursdays, while my daughter works. They keep things lively while they are here. We had our first respite break in February 2016. It has been so nice as it gives my husband and I a chance to do a few things together. JR, our respite provider, comes once every 2 weeks for 4 hours. He enjoys visiting with Dad and Dad has a good time showing him his old photos. Dad loved to hunt and fish so he has a lot of stories to tell.



## Finally, a Solution

I have partnered with Developmental Education Assistance Program (DEAP) to use the Lifespan Respite services to help me with my ten-year-old daughter. My daughter has several diagnoses which requires energy and commitment. With the help of the respite services I was able to have time to train for a race. After a day at work, I come home to my daughter and her needs, and that leaves little or no time for some healthy exercise and stress relief. With the help of the respite program I was able to establish a regular training routine, which has given me more energy to maintain the daily schedule and demands. The problem is my daughter has been kicked out of most day care programs because of her disabilities and it is hard to find an organization to help me. I found a person who will come to my home who has made a connection with my daughter. I can only use her if there is to be little to no issues while I am gone. The way the respite program is designed allowed me to hire her and afford a break. Thank you respite! We truly love what you do for us in the community.

Michael, single dad



## Thank You

“Thanks to your program, I am able to keep my Mother in my home, to live out her years. After 6 years of caregiving this program gave me the chance to get away for a few days, to visit other family. I am grateful for the financial gift your program offers, as caregiving requires much patience. Thank You for blessing both of us!”

Lilly, "caregiver and daughter"

## Comments from Lifespan Respite Program Satisfaction Surveys

“I have been a caregiver for 4 years now and have really felt worn out and the respite program is helping me! Thank you so much for this program as it has opened doors for me to meet other caregivers like myself.”

- Wife caring for husband who is a stroke survivor and has a traumatic brain injury

“Even if I only get away for 24 hours and do what I haven’t in months, it seems to calm the overwhelmed feelings that I get and helps with emotional stress---THANK YOU.”

- Grandmother raising grandchildren with behavioral issues

“Love the Lifespan Respite program. It was great to be able to have time for me after 4 years.”

- Non-relative caring for lady with Alzheimer’s

“The Montana Lifespan Respite is a wonderful program. It helped our family so much in the time of need, not only with financial, but with stress, less depression, less anxiety, not being so tired, not feeling that things are not getting done in the household. Thank you so much for the help”

- Care Recipient with serious medical condition and mother of 3 kids; caregiver takes care of her and the children so husband can work.

“I am so very grateful for this program. I have been by my husband’s side nonstop for 8 years and prior to that tending to his medical limitations since 1995. God Bless you and this program. It was the very first time I felt comfortable leaving him. His good friend for over 40 years drove from California to help us. If he hadn’t come, I wouldn’t have been able to see my sister and to see her daughter’s wedding.”

- Caregiver and husband live in remote area, (hard to find providers); husband has a traumatic brain injury, dementia, chronic pain and hallucinations

“I can’t say enough for Lifespan Respite. When I signed up I was at my wits end. Just looking forward to the next time actually calms me because I know I don’t have to deal with behaviors and the constant attention that I have to give. Thank you.”

- Grandmother has kinship guardianship of her 2 grandchildren that are fearful of her leaving

“Montana Lifespan Respite Care was one of the only agencies that I was able to get help from. What a lifesaver. I can’t thank you enough.”

- Daughter caring for 91-year-old mother with chronic kidney disease

“This program is amazing; it allowed me to focus on myself and allowed my son to get one-on-one physical interaction with someone who understands how to work with his disability.”

- Mom of 2-year-old son who has autism

“Receiving respite helped me to de-compress and have conversations with people who are aware of what the conversation is about.”

- Daughter caring for Mom who is a stroke survivor and has dementia

