

Illinois Respite Coalition

Fall 2017 Newsletter



November is National Family Caregivers Month

“Caregiving Around the Clock”

While caring for a loved one can be a very rewarding experience, caregiving can also be stressful! That’s why the month of November is dedicated to recognizing the important work that Family Caregivers do each and every day!

On the Importance of Respite

Caring for a loved one with disabilities or chronic illness can be a full time job. Seeking respite can be a solution to alleviating some of your stress. Respite care provides temporary relief for caregivers from the ongoing responsibility of caring for an individual of any age who requires ongoing care and supervision.

Respite services are intended to provide assistance to a family and to prevent burn-out. Respite care allows the caregiver to recharge, spend time with other family or friends, take care of household needs, and many other important tasks. It helps maintain, strengthen, and promote safety for families in Illinois.

Interested in training on how to be a caregiver? Check out the IRC’s **FREE** online training that addresses topics like abuse & neglect, handling challenging behaviors, and communication. This training is broken down into 5 modules and can be found at www.illinoisrespitecoalition.org

Taking Care of Yourself During the Holiday Season

The holidays can be stressful, and being a caregiver can make it doubly so. Below are some tips for caregivers to help them through the busy holiday season:

- **Don’t overcommit:** It’s always great to contribute, but if your caregiving responsibilities leave you with little free time, be able to say “no”.
- **Learn to prioritize:** You can’t do everything. Focus on what is most important to you, whether it’s shopping for gifts, spending time with family, baking cookies, or another favorite holiday activity.
- **Keep self-care at the top of your list:** Remember to leave some time to yourself each day, even if it is only 5 minutes.
- **Be communicative:** Let family and friends know ahead of time of any behaviors or limitations of the care recipient.
- **Request the gift of time:** It’s always important to have some time for yourself. Put respite care at the top of your wish list.
- **Eat the right foods:** Keeping your diet balanced during the holidays can have a positive effect on your mood and energy level.
- **Be grateful:** It’s easy to get bogged down emotionally and physically. Monitor your thoughts and be thankful for the blessings in your life.

For more information on the Illinois Respite Coalition and our services, please contact the Statewide Coordinator, Christy Thielen, at thielenc@maryvilleacademy.org or call (773) 205-3627.

www.illinoisrespitecoalition.org