



# RESPITE RELIEF FOR MILITARY AND VETERAN CAREGIVERS

## WHAT IS RESPITE RELIEF?

Respite relief gives you a break. It gives you help with everyday chores. It gives you an opportunity to focus on yourself. If you are caring for a spouse, parent, child, friend, or another loved one who serves or served in the military, then respite relief is for you.

## MYTHS AND FACTS ABOUT RR.

- ★ **Myth #1:** Respite care is only for those over 65. My care recipient is young.  
**Fact:** Age doesn't matter. Every caregiver can benefit from and is deserving of respite. Respite is a break and a practical service no matter how old the person you're caring for is.

- ★ **Myth #2:** My veteran will lose their sense of independence and feel weak if I bring in home-care.  
**Fact:** Your veteran may not initially be comfortable with the idea of someone other than you caring for them. Having an open conversation with your veteran about your well-being is incredibly important. Let your veteran know it's not that you don't want to care for them, but you need time to recharge in order to continue caring for them.

If you talk to your veteran and they still aren't comfortable with someone coming while you're out of the house, the care provider

can offer help by cleaning your house or running errands. That way you can just sit and relax with your loved one while a care provider helps with your to-do list!

- ★ **Myth #3:** If I use respite care services, people will think I'm not a committed caregiver.  
**Fact:** Humility is a strong characteristic of the military and veteran caregiver community. Caregivers always think someone may have it worse than them, excusing their opportunity to take advantage of a valuable resource like respite.

As a caregiver, you're part of a team—and in this case, respite workers are part of your team. In coordinating your veteran's care with Respite Relief, you're still doing your job as a caregiver, but with the help of an extra set of hands.

**APPLY FOR RESPITE RELIEF**  
Learn more at [hiddenheroes.org/respitel/](https://hiddenheroes.org/respitel/).

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★ **Myth #4:** Respite services are specific and don't give me the help I need.

**Fact:** Care providers do not provide advanced medical assistance or perform procedures but can help with almost anything else you want them to—or don't want them to. If you want to handle appointment scheduling, medication organization, toileting, and transportation, then a respite care provider can take care of the day-to-day tasks, such as housekeeping, laundry, or grocery shopping. These chores can add up and make caregiving even more stressful. Let the care provider handle them, so you can take the break you deserve or focus your attention elsewhere.

★ **Myth #5:** Respite is only for the seriously disabled and those with visible injuries.

**Fact:** Respite is for every military or veteran caregiver caring for a veteran or service member with invisible or visible injuries alike.

Our Respite Relief program also does not account for your veteran's disability rating. All caregivers qualify no matter what their veteran's disability rating may be. Respite Relief is for all veterans with invisible and visible wounds, illness, and injuries. And while the Foundation partners with the U.S. Department of Veterans Affairs to spread the word about the free assistance, Respite Relief does not impact a caregiver's eligibility for the Program of Comprehensive Assistance for Family Caregivers (PCAFC). In fact, the program encourages caregivers to use such resources.

★ **Myth #6:** It's hard to apply for respite services. The application process is overwhelming.

**Fact:** The application is available 24/7 at [hiddenheroes.org/respite](http://hiddenheroes.org/respite) and can be completed in just a matter of minutes.

## PARTNERS

The Elizabeth Dole Foundation is proud to offer FREE respite relief support to military and veteran caregivers nationwide thanks to partnerships forged with CareLinx, Generali, AARP, Wounded Warrior Project, Bob Woodruff Foundation, the U.S. Department of Veterans Affairs, USAA, Diana Davis Spencer Foundation, and Tranquility® Incontinence Products.



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CARING FOR MILITARY FAMILIES