



## Respite Care Resources

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## What is respite care?

Caring for a loved one is a big responsibility. It's not easy for anyone – not the caregiver and not the person receiving care. No matter how strong and resilient you the caregiver may be, taking care of someone else can drain your energy, time, emotion, and resources. It's critical for caregivers to ask for help and take a break when needed.

Respite care offers temporary, short-term relief for primary caregivers. Respite care can be planned or called upon in an emergency.



**Goals of respite care:** to ensure the person receiving care stays safe from harm, and to give caregivers peace of mind.

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## How can respite care help?

Respite care can renew and refresh both the caregiver and the person receiving care. Services can be tailored to the client's needs. For example, they can help with

- Dressing, bathing, hygiene
- Medication reminders
- Transportation to medical appointments
- Preparing meals
- Socializing
- Minor house tidying
- Running errands

A temporary break can enable a caregiver to

- Rest, relax, recharge
- Take care of own health needs – keeping healthcare appointments and managing health concerns properly
- Connect with other friends or family members
- Enjoy leisure activities like travel or hobbies without guilt
- Take care of other responsibilities at home

*“You can’t pour from an empty cup.” – Anonymous*



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## Where and how to find respite care

Respite care may last anywhere from a few hours to several weeks at a time. It can be at home, in a healthcare facility, or at an adult day center.

Informal respite care can come in the form of family, friends or volunteers who can step in to give the caregiver a break. Don't be afraid to say 'yes' to people who offer to help. Be specific about how they can help.

More formal respite care is also available. Individual professionals and organizations can provide respite care. Here are some resources that may help you find respite care providers in your area.

**1** Your local **Senior Center or Council on Aging** can help you find trusted resources. Visit [eldercare.gov](https://eldercare.gov) and enter your zip code or city and state to search for a center near you.

### **2** In Louisiana

- Call the Louisiana Dept. of Health Aging and Adult Services Helpline at 866-758-5035.
- Call the Louisiana Governor's Office of Elderly Affairs at 225-342-7100.
- Learn about the types of respite care: [ldh.la.gov/page/types-of-respite-services](https://ldh.la.gov/page/types-of-respite-services)
- Find resources for caregivers: [goea.louisiana.gov/resources/caregiver-resources](https://goea.louisiana.gov/resources/caregiver-resources)
- Find information about facilities that provide respite care in Louisiana: [tinyurl.com/2se4xbdu](https://tinyurl.com/2se4xbdu)

- Call the Mississippi Access to Care (MAC) Network at 844-822-4622 or visit [MississippiAccessToCare.org](https://MississippiAccessToCare.org).
- Find caregiver support: [mdhs.ms.gov/aging/caregivers/](https://mdhs.ms.gov/aging/caregivers/)

Learn about the Respite Voucher Program for unpaid caregivers – visit [tinyurl.com/5n7ymh7w](https://tinyurl.com/5n7ymh7w) or scan this code:



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## How to pay for respite care

There are various sources of payment for respite care, depending on the person's coverage details. Respite care is not always a covered expense, but it may be. The resources below may help.

- Medical insurance
- Long-term care insurance
- Medicaid/waivers: Louisiana Options in Long-Term Care, 877-456-1146
- PACE in-home care: [tinyurl.com/3zcf7s5s](https://tinyurl.com/3zcf7s5s)
- Veterans Aid and Attendance (A&A) benefit: [www.va.gov/pension/aid-attendance-housebound/](https://www.va.gov/pension/aid-attendance-housebound/)
- Senior living loans
- Private pay

Visit [www.PayingForSeniorCare.com](https://www.PayingForSeniorCare.com) for state-by-state information on paying for senior care services.

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## Non-hospice respite providers

*This is not a complete list of resources. There may be more near you. Ochsner and its affiliates do not endorse these options. It is simply a service for our patients.*

### Adult day care

#### **Golden Years Geriatric Adult Day Care**

805 Asbury Dr.  
Mandeville, LA 70471  
985-626-9441

#### **PACE Greater New Orleans**

4201 N Rampart St.  
New Orleans, LA 70117  
504-945-1531

#### **Poydras Home Adult Day Center**

5345 Magazine St.  
New Orleans, LA 70115  
504-897-0535

### Respite home care services

#### **NOLA Home Care**

3131 N I-10 Service Rd E, Suite 210  
Metairie, LA 70002  
504-605-3993

#### **Right at Home**

1301 Brownswitch Rd., Suite E  
Slidell, LA 70461  
985-288-5840

## **Visiting Angels New Orleans**

1929 Hickory Ave.  
New Orleans, LA 70123  
504-737-0522

## **Respite care facilities**

### **Chateau Living Center**

716 Village Road  
Kenner, LA 70065  
504-464-0604

### **Chateau Terrebonne Health Care**

1386 W. Tunnel Blvd.  
Houma, LA 70360  
985-872-4553

### **Legacy Nursing and Rehabilitation of Plaquemine**

59215 River W Drive  
Plaquemine, LA 70764  
225-687-0240

### **St. Anthony Community Care Center**

6001 Airline Drive  
Metairie, LA 70003  
504-733-8448

### **Wynhoven Community Care Center**

1040 Medical Center Blvd.  
Marrero, LA 70072  
504-347-7077

*Source: adapted from "What is respite care?"  
National Institute on Aging. <https://www.nia.nih.gov/health/caregiving/what-respite-care>  
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1-866-OCHSNER | [ochsner.org](https://ochsner.org)