



MAKE TIME TO SMELL THE FLOWERS!

Many people in the sandwich generation are conflicted about planning time off for themselves because of their caregiving responsibilities. Do any of these apply to you?



- Do you suffer from the “there’s never a good time” syndrome – the feeling that you just can’t get away without being anxious and worried about loved ones’ needs?
- Does any vacation feel like a “guilt trip” – because it seems selfish to take time away when your loved ones can’t travel or enjoy recreation as in the past?
- Do you feel that someone at home is always in need of help and attention – and that no one else but **you** can do the job?

Remember: **self care** is at the top of the list of caregivers’ needs! Vacations – whether a weekend, a week, or a month – are critical for “re-charging” so you can **stay effective** and **cope** with your role as a caregiver.

Your next question may be: **but who is going to be “me” for my loved ones while I’m away?**

At WFB, we help caregivers make respite plans – “stand-in” plans that make use of the many excellent services and professional caregivers available to take care of loved ones’ needs while caregivers are away. Respite may include finding an aide to come to your loved ones’ home for a few hours each day or even overnight. Or it may mean locating assisted living facilities or nursing homes that will accept your loved ones for a short-term respite stay. Respite and eldercare services can also be helpful **even when you are at home** – to help relieve you of some caregiver stresses and burdens so you can live and work with less worry.

Call WFB for more information on the many kinds of services available. Let us give you free referrals and consultation regarding your caregiving responsibilities. We’ll help you plan for your loved ones’ needs while you attend to **your needs** for some time off! Call us anytime.