

## Caregiver Respite Program



Onondaga County Department  
of Adult & Long Term Care  
Services/Office for Aging

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### **Are You a Caregiver Needing a Break?**

Respite Service provides full-time caregivers with time to: take care of their personal needs, attend medical appointments, shop, spend time with friends and family or simply refresh.

### **What is Respite?**

Respite is a weekly interval of rest or relief. Our program provides supervised service to seniors 60 and older and who have a full time caregiver.

### **Who is Eligible?**

Full-time caregivers of Onondaga County seniors.

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You don't have  
to do this alone.  
Let us help.

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## Respite Services Offered

### **In-Home Respite**

The program pays for a companion or a personal care aide to come into the home, supervise/assist an individual with special needs and give the caregiver a break. Tasks that can be provided by the in home worker include: companionship, assistance with walking, help with toileting and dressing, meal preparation, and motion and transfer assistance. Up to 4 hours per week of respite aide service is available on an ongoing basis.

### **Social Adult Day Services**

Day programs provide a supportive and supervised setting specifically designed to address the needs of today's seniors. Activities include: exercise and motion options, healthy dining, social interaction and varied event options such as dance, bingo, trivia and much more. Social Day program staff includes experienced professionals who strive to provide top quality care to seniors and respite to their caregivers. The program can provide up to one day per week of day service.

## Call for More Information

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**Onondaga County  
Office for Aging  
315-435-2362**

Joanne M. Mahoney  
County Executive

Lisa D. Alford  
Commissioner

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