

2nd Half with Lyngblomsten's In-Home Respite Program

Frequently Asked Questions

2nd Half with Lyngblomsten provides in-home respite services to caregivers and participants of The Gathering. This handout provides answers to questions you may have as you consider volunteering with this program.

What is respite?

Respite is short-term relief that allows caregivers to attend to matters other than caring for their loved ones. They can go to a scheduled appointment, attend a support meeting, meet a friend for lunch, enjoy a little free time, get some exercise, or shop for groceries.

What is the purpose of respite?

The purpose of respite is to relieve caregivers temporarily of the extraordinary and intensive demands of providing ongoing care in the home. Respite can reduce their stress and support their family's wellbeing, which enables them to continue providing quality care to their loved ones.

What does the program consist of, and how often is it provided?

Our program consists of a weekly visit from a respite volunteer in a participant's home. The volunteer engages the person with memory loss in stimulating and meaningful activities. Each visit lasts two to three hours and is available Monday through Thursday, any time between 9 AM and 4 PM, except on national holidays.

What is Lyngblomsten's role in providing this in-home respite?

Lyngblomsten, which has 18 years' experience training volunteers for its group respite program, provides the volunteers who provide the respite care. We recruit, screen, and train these volunteers to ensure they are well prepared to provide this important service, which gives caregivers the confidence to know they can safely leave their loved one in the care of someone else for a few hours.

What is REST®?

REST® stands for "Respite Education & Support Tools." It is a national, evidence-supported training program that educates volunteers to provide in-home respite to persons experiencing memory loss. Our in-home respite volunteers will be trained through the REST® program. Two 2nd Half with Lyngblomsten staff are certified to offer REST® training.

Do volunteers need to have any special skills or experience?

We don't require our volunteers to have any specific skills or experience because we believe our training and ongoing support will give them what they need to be successful, but we do look for volunteers who like interacting with people one-on-one and who value relationships. And because caregivers depend on respite time for appointments and the like, we think it's very important that our volunteers are reliable.

Whom do I contact to find out more about this program?

Jeanne Schuller, Caregiver Services Program Manager,
(651) 632-5320 or jschuller@lyngblomsten.org



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www.lyngblomsten.org/2ndHalf