

Expert Tips on the Value of Respite Stays

The demands of caring for an older loved one with physical limitations or memory loss can take a significant physical and emotional toll on the caregiver. Medical experts tell us that caregiver ‘burnout’ can even lead to serious medical consequences such as hypertension, increased risk of heart attack, stroke and severe depression.

Fortunately, respite stays offer a valuable solution to this growing need among busy caregivers. Respite stays provide caregivers with well-deserved time off to relax, recharge and focus on other areas of their lives while knowing their loved ones are in safe and compassionate hands.

The article “[Respite Care for the Elderly Is Important for Family Caregivers](#)” offers an informative list of the many benefits respite stays provide. These include:

1. **Renewal and Relaxation** – Taking a walk, strolling leisurely through the mall, visiting a museum or doing whatever brings joy can calm you, decrease your heart rate and improve your mood.
2. **Energy** – To be effective in life and caregiving, you must take time to re-energize. Even an automobile won’t run on empty.
3. **Space** – Getting away from the caregiving situation for even just a few hours can help you relax and bring a renewed sense of purpose.
4. **Pleasure** – As a caregiver, you must remember that you have the right to enjoy life. You have no reason to feel guilty.
5. **Identity** – You must be purposeful in maintaining your sense of self. You are important, too!
6. **Perspective** – Time away from the caregiving situation allows you to see things more clearly and keep things in proper perspective. You might even think of better ways of doing things and other resources you can tap into.
7. **Engagement** – Social isolation can be a huge problem for caregivers. It’s important to take time to engage with your friends and family by sharing lunch, taking a shopping trip or doing whatever gives you personal enjoyment.

Activity. Friendship. Support. Convenience. Value.

Now open, you’ll find it all at [The Bridges at Warwick](#), located in beautiful Bucks County, where every day is a *celebration* of seniors. Our philosophy of “**Celebrating Life**” means that our residents enjoy a sense of purpose and contentment along with fun, personalized care and a focus on total well-being.

Our [Personalized Supportive Care](#) provides just the right amount of assistance to help you remain independent along with life-enriching programs, services and amenities. Our exclusive [Vista Transitional Living Program](#) is for our supportive care residents who have memory challenges but do not yet require a secure residence. For those whose

Celebrated Senior Living!



memory loss is more advanced, we offer [The Vista](#), our specialized, comprehensive memory care residence.

In keeping with our founder **Robert Basile's** personal philosophy, developed during his efforts to find quality senior living for his beloved father, senior adults remain our passion. We fill our residents' lives with countless opportunities to engage with both new and treasured friends; events and programs to enjoy with family members and loved ones; as well as innovative and creative activities that foster engagement. Our dedication to total wellness – for mind, body and spirit – is woven into our culture every day.

[Contact us](#) today or call **215.269.7745** for more information or to arrange a personal tour.