



## Frequently Asked Questions

### ***What is respite?***

Respite provides relief to those who care for individuals with Alzheimer's disease or other dementias.

### ***Who is eligible?***

You are caring for a spouse or family member diagnosed with Alzheimer's disease or a related dementia; you are living in a private home in SD County (not a residential care community or facility); and your loved one will not require assistance with personal care or ambulation during the respite visit.

### ***What is the enrollment process?***

If it appears you are a candidate for the program, you will be scheduled for a home visit with our Respite Social Worker. Once accepted into the program, you will need to complete paperwork, including background checks and our service agreement. Then we begin the matching process with your Companion Volunteer. We match based on location, availability, gender preference and personal interests. The process may take weeks depending on individual circumstances.

### ***When can the Companion Volunteers provide respite?***

Visits will be scheduled between you and the volunteer directly, but must not exceed four (4) hours per week and must be between 8:00am-8:00pm.

### ***Who are the Companion Volunteers?***

Companion Volunteers are individuals who are passionate about helping families who are on the journey with Alzheimer's or a related dementia. Many of them have personal experiences with the disease and wish to help others who are in the same position. Companion Volunteers receive training at the Alzheimer's Association, go through background checks and complete an annual Tuberculosis test.

### ***What can I expect during a respite visit?***

Companion Volunteers are encouraged to engage in activities that would be meaningful and enjoyable to your loved one. Using the Personal Interests Questionnaire as a guide, the volunteer may suggest games, puzzles, movies, reading, reminiscing, gardening or any other appropriate activity. Your loved one may also choose to simply take a nap or spend quiet time alone. The volunteer will be there to ensure safety.

### ***Will my personal information be shared?***

Your personal information will be kept in a locked filing cabinet. When you are no longer participating in the program, we will shred any document that has your personal information. Your Companion Volunteer will receive basic information about your family, such as your names, your loved one's diagnosis and a copy of your loved one's Personal Interests Questionnaire.

For more information, please call (858) 492-4400.