

Because Caregivers Deserve Care Too!

Respite Restores

Family caregivers are the backbone of senior care in the U.S., with over

30%

of adults providing unpaid care to loved ones.

However, caregiving takes a toll...

60%

of caregivers report feeling emotionally and physically drained, and many neglect their own health.



Respite care through home care services provides much-needed relief.



Home Care Supports Caregivers

- **Time to Recharge:** Respite care allows caregivers to take breaks and focus on their own wellbeing.
- **Professional Assistance:** Home care professionals provide skilled and compassionate care for seniors, ensuring families feel confident during their time away.
- **Reduced Stress:** With reliable support, caregivers can better balance their responsibilities and maintain their mental health.

Less Stress, Stronger Families

The National Alliance for Caregiving reports that... caregivers who use respite care experience a

50%

decrease in stress levels and are

30%

less likely to develop caregiver burnout.

Partner with us to support family caregivers in your community!



Assisting Hands®
Home Care

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Serving South Orange County

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