

ARC

As an elderly spouse caregiver, respite care is important for my being able to continue caring for my wheelchair bound handicapped spouse. My days are physically and emotionally demanding, involving transfers, personal care, medications, meals, and constant supervision. As I age, these responsibilities become more difficult, while my own health needs cannot be ignored.

County funded respite care provides crucial relief. Without it, I face burn out and declining health which directly threatens my spouse's safety and continuity of care. When respite care is available, our daily life remains stable. Respite care is not a luxury, it is a necessary support that allows me to continue as both a caregiver and a spouse. An increase in funding would be more helpful.