



A Community Respite Ministry at Peachtree Christian Church

Rev. Katie Bond | kbond@peachtree.org

Who is respite for?

- **Caregivers:** someone who needs temporary rest or relief from caring for a loved one
- **Participants:** Individuals with dementia, Parkinson's, Down syndrome, stroke victims and more
- **Volunteers:** spending your day in service to your community is life-giving and life-changing

When is respite open?

- Tuesdays 10:00 am – 2:00 pm
- When possible we will open another day!

What does the daily fee include?

- The daily fee includes a delicious lunch, art, craft and game supplies, snacks and coffee, enrichment programs, exercise and more!

What if I can't afford the \$50 daily fee?

- Limited scholarships are available and require an interview with the Director.

Why respite?

- We know that community and belonging are basic human needs. As we grow older, and when we face a scary diagnosis, friendships can become more difficult to maintain. Respite provides a welcoming and loving community of people who help people be their best. Studies show that individuals who participate in group programs like respite, and are stimulated and engaged, can improve cognition and overall quality of life. Respite provides the caregiver with time to take care of their own health and wellness while providing their loved one with a joy filled and meaningful day.