

What Is Assisted Living Respite Care—and How Can It Help?

Whether you're recovering from a hospital stay or your regular caregiver needs a break, respite care in an assisted living community offers short-term support in a safe and comfortable setting.

Respite care typically lasts a few days to a few weeks and provides daily assistance, meals, social opportunities, and a caring environment—without requiring a long-term commitment.



Benefits for the Individual

Respite care is a helpful option for older adults who need a temporary place to recover or rest with support close by.

Help with Daily Tasks

Receive assistance with meals, bathing, dressing, medication reminders, and more.

Comfortable, Home-Like Setting

Stay in a furnished apartment or suite, enjoy nutritious meals, and have access to common areas and amenities.

Social Opportunities

Meet new people, take part in activities, and stay connected—especially important after an illness or during recovery.

Try Assisted Living Without the Commitment

A short-term stay is a great way to explore the community and get a feel for the lifestyle before making a long-term decision.

Benefits for the Caregiver

Respite care also offers important support to family caregivers, giving them time to rest or focus on other needs.

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Time to Recharge

Taking a break from caregiving responsibilities helps prevent burnout and supports your own well-being.

Coverage During Travel or Emergencies

Whether you're away for a few days or managing another commitment, respite care provides reliable coverage.

Peace of Mind

Knowing your loved one is in good hands allows you to step away without added worry or stress.

Explore Long-Term Care Options

A short stay can give both you and your loved one insight into what assisted living can offer for the future.

Short-Term Support, Meaningful Relief

Respite care offers flexibility and reassurance—for older adults and their families. Whether it's part of a recovery plan or simply time to rest, it provides the support you need, when you need it.

Want to Learn More About Respite Care?

Many assisted living communities offer short-term stays designed to support both individuals and caregivers.

Covenant Living Communities and Services offers compassionate respite care in a welcoming environment, with services that prioritize comfort, dignity, and connection. Learn how we can help you or your loved one take the next step with confidence. [Visit our website.](https://covliving.org/)

Learn more about our family of communities by visiting [CovLiving.org](https://covliving.org)