

# Hebrew SeniorLife Respite Innovation Program: FAQ

## What services does the Respite Program offer?

Our Respite Program provides compassionate care for loved ones with dementia or cognitive impairment. Our trained Home Health Aides, including dedicated pre-med students, offer support with:

- Personal care and assistance with daily activities (e.g., grooming, mobility)
- Medication reminders and meal preparation
- Light housekeeping (e.g., cleaning, laundry)
- Companionship and cognitive engagement activities (e.g., conversations, games)
  - With a focus on brain health and cognitive stimulation
- Physical assistance and encouraging mental stimulation

## How can this program benefit caregivers?

The Respite Program allows caregivers to take a much-needed break. Whether you need time for errands, appointments, or personal rest, our aides offer support and peace of mind, knowing your loved one is in capable hands.

Care is provided by pre-med students who are thoroughly trained and passionate about helping older adults. They bring energy, dedication, and knowledge, ensuring high-quality, reliable care. They are certified as Home Health Aides and have completed the essentiALZ® — Alzheimer's Association Training and Certification for evidence-based, person-centered practices to care for individuals living with dementia. They also undergo a thorough background and references check — like all staff at Hebrew SeniorLife — for your loved one's safety and comfort.

## What is the availability of Home Health Aides?

The program offers flexible scheduling to meet your family's needs, typically 2-4 visits per week for 8-20 hours total. We can also schedule for evenings and weekends. Let us know your preferred schedule, and we will do our best to accommodate.

We also understand life can change schedules unexpectedly and you may need services outside of your usual times. Since we have multiple trained and certified Home Health Aides on staff, we can do our best to accommodate you and your loved one — even when life throws you for a loop.

## What can I expect from starting the Respite Program?

The initial start to the process is simple:

- Contact program coordinator Rachel Fox to express your interest ([RachelFox@hsl.harvard.edu](mailto:RachelFox@hsl.harvard.edu) or 617-363-8664).
- Complete an assessment form to help us understand you and your loved one's needs.

Next, we will match you with a student. We look at geographic location, interests, and scheduling availability to do our best to match up Home Health Aides and families. After this matching process:

- A nurse and Home Health Aide will conduct an introductory visit to create a tailored care plan.
- Scheduler Alla Azarkov will be your main contact going forward for managing your schedule and needs ([AllaAzarkov@hsl.harvard.edu](mailto:AllaAzarkov@hsl.harvard.edu) or 617-224-5215)

The program coordinator will follow up to ensure everything is working smoothly.

## What does the Respite Program cost and how can I pay?

The Respite Program is designed to be a cost-effective option compared to traditional hiring of an in-home aide. We understand the financial challenges of caregiving, so we work to keep our rates lower than traditional respite services. With Alzheimer's Association's Innovation Respite Grant, we are able to offer this service at \$30 per hour. You can pay for this by check or by credit card over the phone. We will track the number of hours the Home Health Aide works so that you do not have to, and we will send you an invoice.

## We're here to help

Please reach out to our team if you have any questions. We're happy to answer any questions or help you schedule your first session.

Program Coordinator

Rachel Fox

[RachelFox@hsl.harvard.edu](mailto:RachelFox@hsl.harvard.edu)

617-363-8664

Program Scheduler

Alla Azarkov

[AllaAzarkov@hsl.harvard.edu](mailto:AllaAzarkov@hsl.harvard.edu)

617-224-5215

If it is after business hours and you need to cancel or change your schedule, please call the main office phone number:

617-224-4141