



### **The Billerica Council on Aging Respite Companion Program**

Are you caring for a loved one at home who is not safe if left alone?

Do you need a few hours per week to take a break, while knowing that your loved one is in trustworthy care?

Through our Respite Companion Program, the Billerica Council on Aging can provide you with peace of mind.

Our staff of trained companions is dedicated to the needs of Billerica families who are caring for seniors, ages 60 and older, or disabled adults age 50 and older who are living with senior caregivers.

Since 2001, our Respite Companion Program has been a trusted local resource that stands out from the growing plethora of caregiver agencies and services, easing the rigors of caregiving for Billerica residents.



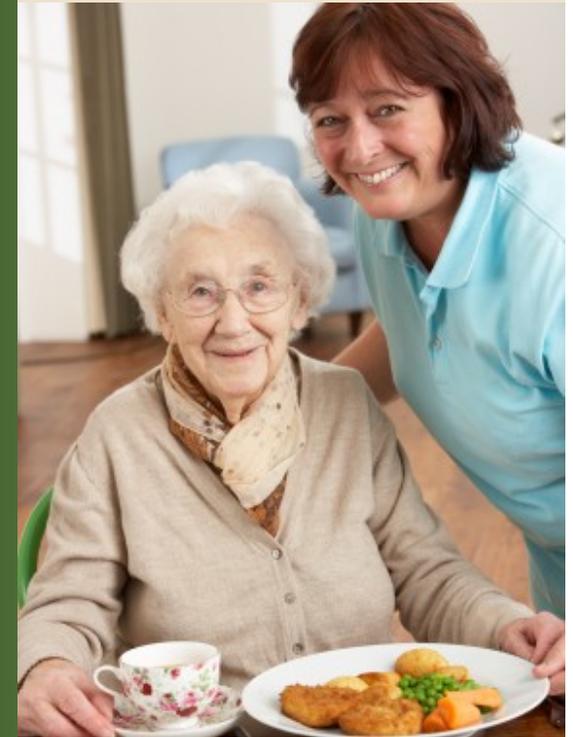
BILLERICA  
COUNCIL  
ON AGING  
25 Concord Road  
Billerica MA 01821



*Serving Billerica's Finest—Our Senior Citizens*

# **Respite Companion Care**

*There's no place like home.*



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ON AGING



# Respite Companion Care



The Billerica Council on Aging's Respite Companions are supervised, CORI screened and checked against the Office of Inspector General's (OIG) List of Excluded Individuals /Entities (LEIE). They have unattested driving records and participate in four required trainings per year.

## Respite Care

- Provides a break for family members who are caring for an elderly or disabled loved one who wants to stay in the comfort of their home.
- Combats loneliness and provides well-being checks for elders living with family or independently.
- Is personalized to the elder and caregiver needs. An initial home visit determines the goals of the family. A service plan is created and a companion is carefully matched.



## A Respite Companion

- Provides supervision, ensuring the safety of a senior or disabled person.
- Contacts emergency services if necessary.
- Assists with preparing snacks and light meals.
- Transports elders to errands, medical appointments and community events.
- Shops for groceries and other needed items for homebound seniors.
- Provides socialization through conversation and activities such as card games.
- Empowers elders to accomplish certain tasks with more independence.

## Fee for Services

Call for our hourly rate.

There is a 2 hour minimum.

Mileage for any travel is charged at the current IRS rate.

Care is available days, evenings & weekends.

Visits may be scheduled regularly for certain days and times each week, or on an as-needed basis.

## Who is Eligible?

Residents of Billerica who are 60 years or older, or disabled Billerica residents who are 50 years or older and living with a senior caregiver.

Seniors and disabled persons who do **not** require lifting, personal care or toileting assistance. These needs would require a higher level of care.



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978-671-0916

[www.town.billerica.ma.us/136/Council-on-Aging](http://www.town.billerica.ma.us/136/Council-on-Aging)

To learn more about the Respite Companion Program, or to schedule a complimentary in-home assessment, please call the Health & Community Program Coordinator at 978-671-0916.