

Common questions and a complete preparation checklist for families | Living Hope Residential Care LLC

Respite Care Planning Checklist

Understanding Respite Care

Q: What exactly is respite care?

Respite care is planned, temporary relief care for primary caregivers. Your loved one comes to stay with our trained residential team for a set period — a few hours to several days — while you take the break you need. During that time, they receive the same attentive, compassionate care as our full-time residents: meals, medication assistance, daily activities, and 24/7 staff support. Respite care is not a last resort. It is a planned, proactive part of sustainable family caregiving.

Q: Who is respite care for?

Respite care is available to families of individuals with intellectual and developmental disabilities (IDD), behavioral support needs, or physical care needs who are currently cared for primarily at home. You do not need to be a current Living Hope client to access respite care — contact our team to discuss availability and eligibility.

Q: How far in advance do I need to book?

We recommend contacting us as early as possible, especially for longer planned stays. We will do our best to accommodate urgent or short-notice requests, but availability cannot be guaranteed. If you anticipate needing regular respite, building it into a recurring schedule with advance notice ensures you can count on it when you need it.

Before the Stay — Documents Checklist

Please bring the following documents and information:

- ☐ Current medication list with dosages, timing, and prescribing physician
- ☐ All medications in original pharmacy-labeled bottles
- ☐ Insurance cards (Medicaid, Medicare, or private insurance)
- ☐ List of known allergies (food, medication, environmental)
- ☐ Primary care physician name and contact number
- ☐ Any active behavioral support plan or medical orders
- ☐ Emergency contact list (at least 2 people with phone numbers)
- ☐ Signed consent forms provided by Living Hope (completed in advance)

- Legal documents if applicable: guardianship papers, advance directives

Packing Checklist

- Clothing for the full length of the stay plus one extra day (labeled with name)
- Personal hygiene items: toothbrush, toothpaste, shampoo, deodorant, etc.
- Comfort items: favorite blanket, pillow, stuffed animal, familiar objects
- Assistive devices and accessories (hearing aids, communication device, etc.)
- Any preferred snacks or specialty foods (if dietary needs are specific)
- A favorite activity, book, or sensory item for comfort and engagement

What to Share With Our Team

Q: What information helps the care team most?

The more our team knows before your loved one arrives, the better we can support them. Please share: communication style and how they express distress or discomfort; daily routine preferences (meal times, bedtime rituals, favourite activities); known triggers and what has worked to de-escalate in the past; sleep habits and nighttime routines; favourite topics of conversation and people they may ask about.

Tip: Write a brief 'About Me' sheet

A simple one-page summary — covering communication style, daily preferences, triggers, and favourites — is one of the most useful things you can bring. Our team will reference it throughout the stay. We can help you create one if you don't already have it.

Preparing Your Loved One

Q: How do I prepare my loved one for the stay?

Give them advance notice appropriate to their processing needs — usually a few days for short stays. Be calm and matter-of-fact: your emotional tone shapes their response. Focus on what they will do during the stay rather than the length of time apart. If possible, arrange a brief visit to the home before the first respite stay. Keep goodbyes warm but brief — extended farewells tend to increase anxiety rather than reduce it.

Q: What if my loved one is upset about the stay?

Some resistance or anxiety before a first respite stay is normal. Our staff are trained to support transitions and will meet your loved one where they are. If they have significant anxiety around new environments, let us know in advance so we can plan additional support for the transition period.

During & After the Stay

Q: Can I call to check in during the stay?

Yes — you are welcome to call at any time during the respite stay. Our team will also reach out proactively if anything significant occurs. You will not be left wondering how things are going.

Q: What happens when the stay ends?

When the respite stay concludes, we will provide you with a brief summary of how things went — meals, sleep, mood, any notable events, and how your loved one did overall. This is also a good time to share feedback so we can make future stays even smoother.

Ready to book a respite stay?

Contact Living Hope Residential Care LLC at 979-313-5300 or umukabba@gmail.com to discuss availability, preparation, and what to expect during your loved one's stay.

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