



Lifespan Respite



Facts About Respite

- Must be 18+
- Must complete background check
- Must complete 50-100 hours of community service
- Open to all colleges/universities/organizations in the District of Columbia
- Will be working with seniors 59+ and persons with a disability 18+
- Non-paid services



Do You Have What It Takes To Be a Respite Volunteer?

Respite is a temporary relief for a family member, partner or other individual regularly caring for a frail individual. Providing constant care for a loved one can be emotionally and physically demanding which may lead to caregiver isolation, depression, and burnout. Regular respite breaks is essential to caregivers mental and physical health which allows them to maintains a healthy relationship with their care recipient and provides identity and connection beyond the caregiver role.

Volunteers would be going into a home of a caregiver within the District of Columbia and stay with the caregiver for a certain amount of time. Individuals would be screened and have completed background checks. Volunteers are asked to complete up to 50-100 hours of community service.

