

The Benefits of a Respite Stay

Caring for an aging loved one is a beautiful and selfless act, but it can also be physically and emotionally demanding. Many caregivers find themselves needing a break to recharge, manage personal responsibilities, or simply rest.

This is where respite care comes into play—a short-term stay at a senior living community that offers temporary relief for caregivers while providing seniors with compassionate care and engagement.



What Is a Respite Stay?

A **respite stay** is a temporary accommodation at a senior living community, typically lasting less than 30 days. It provides a safe and supportive environment for seniors while their primary caregivers take a needed break. Whether it's for a few days or a few weeks, respite care ensures that your loved one continues to receive quality care, social interaction, and daily support.

According to the [National Institute on Aging](#), respite care can take many forms, including adult day care, in-home care, and short-term stays in a residential community. At **Edencrest**, we offer a unique respite care experience that allows both caregivers and seniors to test the waters of senior living.

"This is a transitional phase of life. It's not easy—you haven't been there before. You're stepping into that, and it can be a difficult decision," shares Jennifer Nolan, Regional Director of Clinical Services with Highmark, Edencrest's Senior Living Property Manager. "A respite stay allows families to ask questions and see firsthand how our community can meet their needs."

The Benefits of a Respite Stay at Edencrest

1. Personalized Care in a Safe Environment

At Edencrest, our respite stay guests receive the same level of personalized care as our long-term residents. Our professional and compassionate staff are available 24/7, providing assistance with daily activities, medication management, and any specialized care needs. Families can rest assured knowing their loved ones are in good hands.

2. A Chance to Experience Community Life

A respite stay offers an opportunity for seniors to get a feel for senior living. They can participate in daily activities, enjoy chef-prepared meals, and build connections with other residents. For caregivers, this can provide valuable insight into how their loved one might adapt to a more permanent transition if needed.

By choosing Edencrest Living, seniors don't just find a place to live—they find a community that supports active, healthy aging. Visit [Edencrest Living](#) to learn how we create an environment where every resident can stay strong, independent, and engaged for years to come.

3. Relief and Renewal for Caregivers

Taking time for self-care is crucial for caregivers to avoid burnout. A respite stay provides that essential break, allowing caregivers to focus on their own health, family needs, or simply enjoy some well-deserved rest.

How Does a Respite Stay Work at Edencrest?

At **Edencrest**, scheduling a respite stay is simple and flexible. Here's how it works:

1. **Contact Us:** Call or visit our website to inquire about availability and book a tour.
2. **Assessment and Planning:** Our team will work with you to assess your loved one's needs, ensuring they receive personalized care during their stay.
3. **Enjoy the Experience:** Your loved one can enjoy all the amenities of Edencrest, from engaging activities to nutritious meals and safe, comfortable accommodations.
4. **Stay Flexible:** Whether the respite stay is for a planned vacation or an unexpected situation, our team is here to support you every step of the way.

"You can come, you can try it out, try our food, meet our staff. It helps not only mom and dad understand what it will be like but also for the kids to see what it's like," explains Jennifer Nolan. "A respite stay is not just about care—it's about giving families peace of mind."

Why Consider a Respite Stay?

A respite stay can be particularly beneficial if:

- You need time for personal errands or a vacation.
- You're exploring senior living options and want to try a community before making a long-term commitment.
- Your loved one is recovering from an illness or surgery and needs temporary support.

How to Get Started with a Respite Stay at Edencrest

Ready to learn more? **Edencrest** offers respite stays across our communities in Central Iowa. Whether you need temporary support or are exploring senior living options, we're here to provide guidance and a welcoming experience.

Making the Decision Easier

One of the greatest advantages of a respite stay is that it offers a **trial period** for both seniors and their families. As **Jennifer Nolan** emphasizes, "This isn't about feeling guilty about bringing your loved one. It's about helping them and allowing us to help. It helps them be more social, more involved, and have more eyes on them all the time."

For many families, a short respite stay can transform apprehension into confidence. It provides clarity on what senior living looks like day-to-day, often dispelling myths and easing fears. Many visitors find that **Edencrest's** warm, vibrant environment and caring staff make it an ideal choice.

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📞 Contact Us Today: Call your nearest **Edencrest** community or visit edencrestliving.com to schedule a tour and discuss how a respite stay could benefit your family.

Learn more by listening to our recent podcast of Dig It, where the Highmark & Edencrest teams talk about all the personalized care offered at our 10 locations throughout Central Iowa! [LISTEN HERE](#)

A Gentle Invitation

If you or a loved one are considering respite care, know that **Edencrest** is a place where dignity, safety, and vibrant living come together. Give us an opportunity to provide comfort and care—whether for a short respite stay or as a permanent home. We're here to help make life's transitions smoother and more joyful for both you and your loved one.



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