Time Out Respite Program

In-home support for caregivers of frail elders

Our partners

Time Out Respite Program is sponsored by The Intergenerational Center at Temple University.

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- PEW Charitable Trusts
- Green Tree Community Health Foundation
- Patricia Kind Family Foundation
- Barra Foundation
- Lomax Family Foundation

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For more information, please contact us:

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“The student’s visits help keep my husband’s mind more active and alert and give me valued time for myself.”
- Caregiver

“I have never had such a joyful and rewarding experience. In many ways, I cannot tell who is benefiting more from the visits!”
- Student

“The student respite worker’s visits put my mind at ease and enrich my mother’s life.”
- Caregiver
**Time Out Respite Program**

**Who are we?**
*Time Out* is an in-home support program in which college students provide quality, low-cost respite services to families caring for the frail elderly. Since 1986, *Time Out* has served as an important resource for caregiving families in Philadelphia. The program seeks to reduce caregiver stress and the social isolation commonly experienced by caregivers and their elderly relatives, and offers college students valuable experience in geriatrics.

**What is respite care?**
Respite means temporary relief from the responsibilities of caregiving. The physical and emotional stress on caregivers can be overwhelming. *Time Out* addresses the caregiver’s need for a break by providing student respite workers to serve as companions to their elderly loved ones.

**What we do**
College students are trained to provide caring companionship and supervision while creating a safe and stimulating environment for the frail elderly. Additionally, they may help with meal preparation, laundry, changing bed linens, light grocery shopping, and assistance into the bathroom, as well as serve as medical escorts. They do not provide personal care (i.e. bathing, dressing, feeding), cleaning, transportation, or administer medication or therapies.

**Where we serve**
*Time Out* students visit families in the Philadelphia area.

**Features**
- **Cost:** $8/hour and $25 annual registration fee
- **Schedule:** at least 8 hours per month
- **Continuity:** same student for at least 14 weeks
- **Quality service:** Student respite workers receive pre-service training and ongoing support related to aging and the needs of caregivers. Students are carefully screened; they provide 2 references and have a criminal history clearance.

“It is hard for me to put into words how grateful I am for this program. There are times when it feels like the whole world is collapsing on me and then in walks our student respite worker. When I see her, I know my mother will be in good hands.” - Caregiver