

Respite for ME: The Program That Gave Us Hope

On December 21, 2023, my world turned upside down. My mother fell gravely ill and was rushed to the hospital, where she spent a month in the ICU. Doctors told us she would never fully recover—that she would need to be placed in a long-term care facility, likely for the rest of her life.

But I refused to accept that.

I had already stepped away from work on December 21 to be by her side, and when the time came to make a decision, I chose to bring her home with me. I had no idea how long she would need full-time care, but I was determined to do everything I could. For months, I became her nurse, her physical therapist, her speech therapist—learning to care for her ileostomy, her feeding tube, and her every need. I poured everything I had into her recovery, but in doing so, I put my own life on hold. Work wasn't even a possibility.

Then I found Respite for ME, and everything changed.

This program allowed me to return to work part-time, knowing that my mother wasn't just being cared for—she was being nurtured. The caregivers provided the medical support she needed, but more importantly, they gave her the compassion, encouragement, and dignity she deserved. With their help, I was able to regain balance in my life without sacrificing my mother's well-being.

And the best part? My mother defied the odds.

Today, she has made a full recovery. She lives independently, in her own home, with a quality of life we never thought possible.

Without Respite for ME, I don't know how we would have made it through. This program was more than just support—it was a lifeline, a bridge between survival and thriving. I will be forever grateful for the role it played in my mother's recovery and in giving me my life back.