

While it is a blessing to have this precious time together, being the primary/sole caregiver for my loved one causes significant strain to my physical and mental-emotional states, which impacts the care I am able to provide. I primarily used our Respite for ME grant to tend to the strains I was experiencing with self-care and to hire a part-time caregiver. Receiving the Respite for ME grant allowed me, in this way, to improve the sustainability and quality of my caregiving for my loved one.

Sincerely,
Lila-Ann Frechette