

# Right at Home Dayton honors caregivers during National Caregivers Appreciation Month

DAYTON, Ohio, Nov. 25, 2013 (SEND2PRESS NEWSWIRE) – November is National Caregivers Appreciation Month; and [Right at Home Dayton](#) In-Home Care and Assistance is making sure their experienced and well-trained caregivers are recognized for their dedication and compassion. [National Caregiver Appreciation Month](#) aims to acknowledge those who dedicate their time to caring for others.

Michael Manes, Right at Home Dayton franchise owner, has nominated three of his experienced and dedicated caregivers for the Right at Home National Family Caregiver Award.

“Our organization could not have become a leader in this industry if not for the excellent service that our amazing staff has delivered. These nominations are our way of showing our employees that we value and appreciate the important work they do every day,” says Manes.

Care giving is demanding and can lead to fatigue. Caregiver burnout is a very real condition and affects nurses and caregivers in all healthcare and caring environments. Caregiver Burnout, also known as Compassion Fatigue, or secondary traumatic stress (STS), is characterized by a gradual lessening of compassion over time. It is a state of physical, emotional, and mental exhaustion that may lead to a change in attitude from positive and caring to negative and unconcerned. Caregivers that are not receiving the help they need, or take on the responsibility of doing more than they are able to may experience burnout.

Caregivers may become overwhelmed with the physical, emotional, and financial toll that caring for a loved one at home carries. Those who are feeling rundown may experience the physical symptoms of fatigue, stress, anxiety, and depression. They may also experience feelings of guilt if they spend time on themselves rather than on their ill or elderly loved ones. The hectic demands of the holidays typically compound the stress and feelings of guilt.

Being able to rely on professional, compassionate respite care can ease the burden and stress of caring for a loved one, and bring the joy back to the holidays. Right at Home – Dayton, specializing in eldercare and respite care, has been an excellent resource for professional, quality, and affordable caregivers in the Greater Dayton area since 2005.

Respite care provides planned, short-term breaks for those who are caring for loved ones who might otherwise require permanent placement in a facility or nursing home. The purpose of respite care is to relieve stress, restore energy, and promote balance in order to maintain a healthy care giving relationship. It not only beneficial for the caregiver, but also provides a

positive experience for the person receiving care. According to National Respite Coalition, respite care has been shown to reduce the likelihood of neglect and abuse for the patient, sustain the health and well being for the caregiver, and reduces the likelihood of divorce in the family.

It is no coincidence that November is National Caregivers Appreciation Month.

“The holidays are a great time to give a caregiver some recognition or at the very least a day off,” says Manes, “Those who selflessly devote their time to an elder or disabled individual demonstrate the true spirit of the holiday season.”

For more information about Right at Home® Dayton, In Home Care and Assistance, please call representatives 24 hours a day at (937)291-2244 or visit <http://www.rightathomedayton.com/>.

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