Laguna Honda Hospital
and Rehabilitation Center
Respite Program

375 Laguna Honda Boulevard
San Francisco, CA 94116
415-759-2300
www.lagunahonda.org
Laguna Honda Hospital offers respite care to families/caretakers who are caring for disabled seniors or adults at home.

Respite care is the act of leaving a loved one with special medical needs in the temporary care of others.
What is Respite Care?

Respite care – a temporary break from the responsibilities of caregiving – can be a vital solution to assist caregivers in taking care of themselves, and helps them continue to provide the best care possible to their loved one.

It also allows caregivers to take vacations or take time off to attend to their own health needs.
Laguna Honda can provide up to 30 days of respite care per year for disabled adults or seniors being cared for at home who have skilled nursing needs.

Examples are cognitive deficits that require 24 hour care to ensure safety, wound care, medical conditions that require nursing care, or needing assistance with more than 3 activities of daily living (bathing, dressing, eating, toileting, grooming, ambulation).
Benefits of Respite Care

1) Sustains caregiver health and wellbeing
2) Delays out of home placements
3) Reduces the likelihood of abuse and neglect
4) Give caregivers the gift of time
Typical Respite Care Room
What does LHH offer their residents?

- Specialty services in Rehabilitation, Pain and Palliative Care, Dementia, and HIV
- Spanish and Chinese focus language units
- A variety of medical specialties, as well as dental services
- 24/7 physician services (including an assigned primary physician for respite admissions)
What else is offered?

- Activity Therapy
- Art Program
- Poetry Group
- Animal-Assisted Therapy
- Gardens
- Spiritual Care
- Outings
## Respite Care

<table>
<thead>
<tr>
<th>Category</th>
<th>FY12-13</th>
<th>FY13-14</th>
<th>FY14-15</th>
</tr>
</thead>
<tbody>
<tr>
<td># Residents Served</td>
<td>11</td>
<td>16</td>
<td>9</td>
</tr>
<tr>
<td>Average Age (years)</td>
<td>79</td>
<td>76</td>
<td>69</td>
</tr>
<tr>
<td>Age Range (Lowest)</td>
<td>48</td>
<td>49</td>
<td>50</td>
</tr>
<tr>
<td>Age Range (Highest)</td>
<td>98</td>
<td>91</td>
<td>90</td>
</tr>
<tr>
<td>Average LOS (days)</td>
<td>34</td>
<td>28</td>
<td>33</td>
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</tbody>
</table>
Agencies contacted to discuss Medical Respite Program

- SFHN Ambulatory Care Provider Meeting, including Primary Care and Behavioral Health
- Self-Help for the Elderly
- Bayview ADHC
- JFCS L’Chaim ADHC
- UCSF social work department
- St. Mary’s social work department
- St. Francis social work department
Referrals for respite care may be made by contacting the Admissions Coordinator at 415-759-4669 or 415-759-4611.

(Add respite link)