Respite care provides time off for family members who care for someone who is ill, injured or frail. It can take place in an adult day center, in the home of the person being cared for, or even in a residential setting such as an assisted living facility or nursing home. Although there are different approaches to respite care, all have the same basic objective: to provide caregivers with planned temporary, intermittent, substitute care, allowing for relief from the daily responsibilities of caring for the care recipient.

**Alpha Care, Inc.**
9312 Olive Boulevard, St. Louis, MO 63132
Phone: 314-993-2273
Counties Served: Franklin, Jefferson, St. Charles, St. Louis, St. Louis City

**Alzheimer’s Association, St. Louis Chapter**
9374 Olive Blvd, St. Louis, MO 63132
Phone: 314-432-3422
Program Type: The Respite Care Assistance program can help pay for care for your loved one while you get a short break.
Care receiver ages served: All ages
Hours per family: Care recipient must have a diagnosis of dementia. Only available in Missouri.
Service limitations: $500 value
Counties Served: Franklin, Jefferson, St. Charles, St. Louis, St. Louis City, Clinton, Madison, Monroe, Randolph, St. Clair

**American Parkinson Disease Association**
Campus Box 81111, 660 S. Euclid Ave., St. Louis, MO 63110
Phone: 314-362-3299
Program Type: Reimbursement
Care receiver ages served: Adults of all ages
Hours per family: 15 hours in-home respite with the option of one bath per week; $75.00 per month adult daycare will provide service.
Service limitations: Caregiver must live with the care receiver, and must have a diagnosis of Parkinson’s disease. Licensed home health agency or adult daycare will provide service.
Counties Served: Franklin, Jefferson, St. Charles, St. Louis, St. Louis City

**American Veterans Care Coordination**
1405 Jungermann Rd., Suite E, St. Peters, MO 63376
Phone: 1-866-910-2822
Counties Served: Franklin, Jefferson, St. Charles, St. Louis, St. Louis City, Washington, Bond, Clinton, Madison, Monroe, Randolph, St. Clair

**Autumn View Gardens - Ellisville**
16219 Autumn View Terrace Dr, Ellisville, MO 63011
Phone: 636-458-5225
Program Type: Assisted Living

**Bethesda Dilworth**
9645 Big Bend Boulevard, St. Louis, MO 63122
Phone: 314-968-5460
Program Type: Short-term respite care offered in a skilled nursing residence
Care receiver ages served: 18+
Hours per family: Up to 30 days; contact residence for more information
Counties Served: Franklin, Jefferson, St. Charles, St. Louis, St. Louis City, Washington, Bond, Clinton, Madison, Monroe, Randolph, St. Clair

**Bethesda Meadow**
322 Old State Road, Ellisville, MO 63021
Phone: 636-227-3431
Program Type: Short-term respite care offered in a skilled nursing residence
Care receiver ages served: 18+
Hours per family: Up to 30 days; contact residence for more information
Counties Served: Franklin, Jefferson, St. Charles, St. Louis, St. Louis City, Washington, Bond, Clinton, Madison, Monroe, Randolph, St. Clair

**Bethesda Southgate**
5943 Telegraph Road, Oakville, MO 63129
Phone: 314-846-2000
Program Type: Short-term respite care offered in a skilled nursing residence
Care receiver ages served: 18+
Hours per family: Up to 30 days; contact residence for more information
Counties Served: Franklin, Jefferson, St. Charles, St. Louis, St. Louis City, Washington, Bond, Clinton, Madison, Monroe, Randolph, St. Clair
<table>
<thead>
<tr>
<th>Program Type:</th>
<th>Phone:</th>
<th>Counties Served:</th>
</tr>
</thead>
<tbody>
<tr>
<td>In-Home Nursing/Private Duty Agency</td>
<td>314-209-847</td>
<td>St. Louis, Mo 63043</td>
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<tr>
<td>Extracare Private Duty Nursing Services</td>
<td>314-432-2439</td>
<td>St. Louis, St. Louis City, Madison</td>
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<tr>
<td>Homewatch Caregivers</td>
<td>314-432-6200</td>
<td>St. Charles, St. Louis</td>
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<tr>
<td>Judevine Center for Autism</td>
<td>314-432-6200</td>
<td>St. Louis, Mo 63132</td>
</tr>
<tr>
<td>Mid-East Area Agency on Aging</td>
<td>636-207-0847</td>
<td>St. Louis, Mo 63011</td>
</tr>
<tr>
<td>MSC Health Services, LLC</td>
<td>314-542-3152</td>
<td>St. Louis, Mo 63146</td>
</tr>
<tr>
<td>Home Caregivers</td>
<td>636-391-0000, 314-961-1002</td>
<td>Missouri</td>
</tr>
<tr>
<td>Disability Support Systems of Jefferson County</td>
<td>636-931-6647, 314-741-9101</td>
<td>Jefferson, St. Charles, St. Louis</td>
</tr>
</tbody>
</table>

**Care receiver ages served:**
- 50 and older
- 55 and older
- 60 years of age and over
- 60+
- All ages
- 62+
- Toddler to adult
- Varies
- 4 to 24
- 4 hr. minimum
- 50 and older
- 55 and older
- 60 years of age and older
- 60+
- All ages
- 62+
- Toddler to adult
- Varies
- 4 to 24
- None
National Multiple Sclerosis Society-Gateway Area Chapter
1867 Lackland Hill Parkway, St. Louis, MO 63146
Phone: 314-781-9020
Program Type: Respite, chore, limited financial assistance with confirmation of diagnosis
Care receiver ages served: All ages with confirmed diagnosis
Hours per family: As determined need
Service limitations: Must qualify financially by completing financial assistance application
Counties Served: Franklin, Jefferson, St. Charles, St. Louis, St. Louis City, Washington, Bond, Clinton, Madison, Monroe, Randolph, St. Clair

Nazareth Living Center
2 Nazareth Lane, St. Louis, MO 63129
Phone: 314-487-3950
Program Type: Assisted Living Respite Care
Care receiver ages served: Focus on seniors
Hours per family: 7 day minimum stay. Hours based on need and availability
Service limitations: Assisted Living only
Counties Served: Franklin, Jefferson, St. Charles, St. Louis, St. Louis City

SarahCare Centre Adult Day Services
524 S. Elm Ave., St. Louis, MO 63119
Phone: 314-968-2222
Program Type: Day center services
Care receiver ages served: 18-100
Hours per family: Indefinite
Service limitations: Not overnight
Counties Served: Jefferson, St. Louis, St. Louis City

St. Andrews Senior Solutions
6633 Delmar Boulevard, Suite 200, St. Louis, MO 63130
Phone: 314-726-5766
Program Type: Provide care for the older adults to support the needs of the care giver
Care receiver ages served: 55+
Hours per family: Per need of family
Service limitations: As long as services are safe and appropriate for the older adults there are no limitations
Counties Served: St. Louis, St. Louis City

St. Andrews Mercy Skilled Nursing Center
12120 Conway Road, St. Louis, MO 63141
Phone: 314-251-6600
Counties Served: St. Louis

St. Louis Area Agency on Aging
634 N. Grand, 7th Floor, St. Louis, MO 63103
Phone: 314-612-5918, 877-612-5918
Program Type: Respite for caregivers
Care receiver ages served: 60 and better
Hours per family: Varies depending on need
Service limitations: City of St. Louis only
Counties Served: St. Louis City

St. Louis County Office of Family and Community Services – County Older Resident Programs (CORP)
121 South Meramec, Clayton, MO 63105
Phone: 314-615-4516
Program Type: Caregiver respite
Care receiver ages served: 60 and over
Service limitations: No toileting, no medication administered
Counties Served: St. Louis

VA Medical Center
Phone: 314-652-4100
Program Type: Facility Based
Care receiver ages served: All
Service limitations: Care receiver must be eligible veteran
Counties Served: Franklin, Jefferson, St. Charles, St. Louis, St. Louis City, Bond, Clinton, Madison, Monroe, Randolph, St. Clair, Washington

Visiting Angels of Greater St Charles
107 Harvester Court, St. Charles, MO 63303
Phone: 636-244-3777
Program Type: Help family caregivers
Care receiver ages served: 21 and older
Hours per family: Up to 24/7
Service limitations: Non-medical only
Counties Served: St. Charles, St. Louis

St. John’s Mercy Skilled Nursing Center
12120 Conway Road, St. Louis, MO 63141
Phone: 314-251-6600
Counties Served: St. Louis

St. Louis Altenheim
5408 South Broadway, St. Louis, MO 63111
Phone: 314-353-7225
Program Type: Short term stay from 5 to 90 days in supportive living or continuing care nursing
Care receiver ages served: Elderly
Hours per family: Varies
Service limitations: Call for information
Counties Served: Clinton

Christian Homecare Services, Inc.
115 West Randle Street, Lebanon, IL 62254
Phone: 618-537-9590
Program Type: Out-of-Home Respite
Care receiver ages served: Elderly
Hours per family: Varies
Service limitations: Call for information
Counties Served: Clinton, Madison, St. Clair

Aviston Countryside Manor
450 West First Street, Aviston, IL 62216
Phone: 618-228-7615
Program Type: Out-of-Home Respite
Care receiver ages served: Elderly
Hours per family: Varies
Service limitations: Call for information
Counties Served: Clinton

Christian Homecare Services, Inc.
115 West Randle Street, Lebanon, IL 62254
Phone: 618-537-9590
Program Type: In-Home Respite
Care receiver ages served: Elderly
Hours per family: Varies
Service limitations: Call for information
Counties Served: Clinton, Madison, St. Clair

Illinois Listings
Aviston Countryside Manor
450 West First Street, Aviston, IL 62216
Phone: 618-228-7615
Program Type: Out-of-Home Respite
Care receiver ages served: Elderly
Hours per family: Varies
Service limitations: Call for information
Counties Served: Clinton

Christian Homecare Services, Inc.
115 West Randle Street, Lebanon, IL 62254
Phone: 618-537-9590
Program Type: In-Home Respite
Care receiver ages served: Elderly
Hours per family: Varies
Service limitations: Call for information
Counties Served: Clinton, Madison, St. Clair

St. Louis Altenheim
5408 South Broadway, St. Louis, MO 63111
Phone: 314-353-7225
Program Type: Short term stay from 5 to 90 days in supportive living or continuing care nursing
Care receiver ages served: Elderly
Hours per family: Varies
Service limitations: Call for information
Counties Served: Clinton

Christian Homecare Services, Inc.
115 West Randle Street, Lebanon, IL 62254
Phone: 618-537-9590
Program Type: Out-of-Home Respite
Care receiver ages served: Elderly
Hours per family: Varies
Service limitations: Call for information
Counties Served: Clinton, Madison, St. Clair

St. Louis Altenheim
5408 South Broadway, St. Louis, MO 63111
Phone: 314-353-7225
Program Type: Short term stay from 5 to 90 days in supportive living or continuing care nursing
Care receiver ages served: Elderly
Hours per family: Varies
Service limitations: Call for information
Counties Served: Clinton

Christian Homecare Services, Inc.
115 West Randle Street, Lebanon, IL 62254
Phone: 618-537-9590
Program Type: Out-of-Home Respite
Care receiver ages served: Elderly
Hours per family: Varies
Service limitations: Call for information
Counties Served: Clinton, Madison, St. Clair
RESPITE PROGRAMS Continued - Illinois

Faith in Action
903 North 2nd Street, Edwardsville, IL 62025
Phone: 618-692-0480
Program Type: In-Home Respite
Care receiver ages served: Elderly, disabled of any age
Hours per family: Varies
Service limitations: Provides transportation, shopping, light housekeeping, respite care for family members, visiting and reassurance calls to the elder and disabled of the Edwardsville #7 School District
Counties Served: Madison

Faith in Action Collinsville
222 Goethe Avenue, Collinsville, IL 62234
Phone: 618-344-0800
Counties Served: Madison, St. Clair

Garden Place
208 S. Kossuth, Millstadt, IL 62278
Phone: 618-476-1440
Program Type: Day care or overnight
Care receiver ages served: 50+  Hours per family: As needed
Service limitations: Standby & oversight assistance
Counties Served: Monroe, Randolph, St. Clair

Garden Place
351 Lockwood, Red Bud, IL 62278
Phone: 618-282-7775
Program Type: Day care or overnight stays
Care receiver ages served: 50+  Hours per family: As needed
Service limitations: Stand-by and oversight assistance
Counties Served: Monroe, Randolph, St. Clair

Hitz Memorial Home
201 Belle Street, Alhambra, IL 62001
Phone: 618-488-2355
Program Type: Out-of-Home Respite
Care receiver ages served: Elderly  Hours per family: Varies
Service limitations: Call for information
Counties Served: Madison

Home Helpers of SW IL
200 W. 3rd Street, Suite 712, Alton, IL 62002
Phone: 618-462-2762, 1-877-445-4353
Program Type: Caregiver respite relief
Care receiver ages served: Any  Hours per family: 4 to 24 hours
Service limitations: No skilled nursing
Counties Served: Madison, St. Clair

Home Instead Senior Care
2321 Country Road, Belleville, IL 62221  Phone: 618-234-7640
Program Type: In-Home Respite
Care receiver ages served: Elderly  Hours per family: Varies
Service limitations: Staff is available 24 hours seven days a week
Counties Served: Madison, St. Clair

Home Instead Senior Care
2321 Country Road, Belleville, IL 62221
Phone: 618-346-5008
Program Type: Respite relief for the caregiver
Care receiver ages served:  Any  Hours per family: 3 - 24 hours
Service limitations: No skilled nursing
Counties Served: Madison

Lebanon Care Center
1201 North Alton, Lebanon, IL 62254  Phone: 618-537-4401
Program Type: Out-of-Home Respite
Care receiver ages served: Elderly  Hours per family: Varies
Service limitations: Call for information
Counties Served: St. Clair

Programs and Services for Older Persons
201 N. Church St., Belleville, IL 62220  Phone: 618-234-4410
Program Type: Senior Companion Program
Care receiver ages served: 60 and over
Hours per family: 4 hours daily
Service limitations: Peer companionship, light meal prep, socialization, reading, games, etc.
Counties Served: Madison, Monroe, Randolph, St. Clair

Southwestern Illinois Visiting Nurse Association
7 Executive Woods, Swansea, IL 62226  Phone: 800-642-5429
Program Type: In-Home Respite
Care receiver ages served: All ages  Hours per family: Varies
Service limitations: The agency conducts assessments to determine eligibility for the respite program. They will also assist caregivers with locating respite worker & negotiate cost of services and level of care needed. Translators available.
Counties Served: Washington, Bond, Clinton, Madison, Monroe, Randolph, St. Clair

St. John’s Home & Community Care
222 Goethe Avenue, Collinsville, IL 62234-3306
Phone: 618-344-0276
Program Type: Homemaker/Personal Care
Care receiver ages served: 18 and older
Hours per family: Paid service; 4 hours minimum; 4 to 24 hours/day; IL DRS provider
Service limitations: No lifting or medical procedures; service area includes Caseyville, Collinsville, Edwardsville, Fairmont City, Fairview Heights, Glen Carbon, Granite City, Maryville, and Troy, IL.
Counties Served: Madison, St. Clair

Tri-Cities Faith In Action
2100 Madison Avenue, Room 210, Granite City, IL 62040
Phone: 618-877-9020
Description: The Tri-Cities Area Faith in Action is a coalition of churches that provides volunteer assistance for the elderly and adults with physical impairments in Granite City, Madison and Venice. Services are available at no cost to the care receiver and include: transportation to the doctor, grocery store, etc, grocery shopping for those who are shut in, friendly visiting in person or over the telephone, and respite care for primary family caregivers.

We Sit Better
PO Box 832, Collinsville, IL 62234  Phone: 618-398-3064
Program Type: In-or-Out of Home Respite
Care receiver ages served: Elderly  Hours per family: Varies
Service limitations: Service sits with elderly in homes, hospitals and nursing homes. 24/7, depending on availability.
Counties Served: Madison, St. Clair