



Caregiver Respite

PROFESSIONAL HOME CARE



www.gravitii.care



About Us

Gravitii.care connects family caregivers who need respite care with professional Health Care Aides (HCAs). Our platform is designed with personalization and continuity of care in mind. Family caregivers can request any services their loved one needs during their time away. Examples include **Personal Care, Meal Preparation, Housekeeping, Companionship, and Medication Management.**

Benefits Of Respite Care

Temporary Relief

Respite care offers caregivers scheduled breaks, from a few hours to several days, to rest and recharge.

Reduces Stress

Caring for a loved one is rewarding but can be stressful; respite care offers temporary relief from emotional strain.

Time For Self-Care

Caregivers often neglect self-care; respite care allows them to focus on themselves and to relax.

Improved Mental Health

Addressing their own needs helps improve caregivers' mental health, reducing anxiety and depression.

Reduced Caregiver Guilt

Respite care reduces caregivers' guilt by helping them realize they deserve and need breaks.

Why Gravitii?

- **No Contracts:** Only book what you need when you need it.
- **Choose Your Provider:** Be in control over who comes into your home.
- **Enhanced Safety and Security:** Choose providers with background checks, insurance, ratings and reviews.
- **All providers are qualified Health Care Aides**



What Is Respite Care?

Respite care is when someone else takes care of the person you usually care for, allowing you to take a break (including overnight).