

**St. Louis VA Medical Center - Spinal Cord Injury Service  
VA Heartland Network (VISN 15)**

## **Respite Care**

Our staff recognizes the tremendous challenges of meeting the needs of people with Spinal Cord Injury/Dysfunction Service (SCI). While our inpatient unit has a full nursing staff 3 shifts a day, often a single caregiver tries to do the same tasks 24 hours a day by himself or herself. This can be overwhelming.

We appreciate and understand the benefits of living at one's home, but we are also aware of the need for caregivers to have a break.

Therefore we offer the opportunity for respite care for our patients and their caregivers. Patients can be admitted for up to 14 days at a time and for a maximum of 30 days per year. This service is provided on our SCI Unit or in the Skilled Nursing & Rehabilitation Center. As the scheduling of admissions depends on bed availability, it is advisable to plan respite care long in advance: beds are seldom available on short notice.

**Please call 314-894-6677 or 800-228-5459, ext 6-6677 for more details**