

## What the Nebraska Respite Network has done for others...

Families using respite services share:

**Respite offers hope.**

“Some days are really tough, but I know my respite provider will be here soon and I can make it until then.”

**Respite helps families stay together longer.**

“Respite has been a life-saver! I don’t know what I would do without it.”

**Respite reduces the risk of abuse & neglect.**

“Life is stressful. We all say and do things we regret when things get tough. Respite helps me be a much better mom. It is a wonderful, wonderful thing.”

**Respite offers family caregivers a break.**

“I love that I get to use my Respite Subsidy to send my son to camp. He gets to spend time with friends and I get a break!”

**Nebraska Respite Network  
Respite Across the Lifespan**

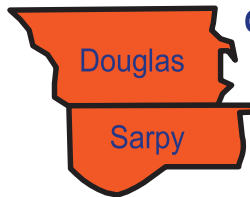
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Department of Health & Human Services



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**Nebraska Respite Network**  
**~Across the Lifespan**



**We Care for Those  
Who Care for Others**

<https://nrrs.ne.gov/respitesearch>

**1-866-RESPITE**  
**1-866-737-7483**

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Place  
Postage  
Here

# Respite Provides Hope and Relief for Families

## WHAT IS RESPITE?

Respite allows the family caregiver an opportunity to have time to do what is needed to take care of themselves.

## WHO IS A CAREGIVER?

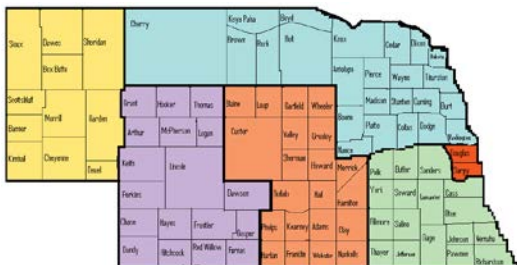
A family caregiver is a person who cares for someone who has a long-term/lifelong physical or psychological challenge. If your loved one cannot be left alone due to their disability, we can help.

## RESPITE ALLOWS THE FAMILY CAREGIVER TO:

- Go to the grocery store
- Visit the doctor
- Have lunch with a friend
- Attend a church or school function
- Take a nap
- Go out of town for a few days
- Relax, knowing the person you take care of is not alone!

## WHAT IS THE NEBRASKA RESPITE NETWORK?

The Nebraska Respite Network consists of six sites statewide with coordinators who help families identify respite resources and match families to respite providers.



## WHO PROVIDES RESPITE?

Respite can occur in many different ways and places depending on the needs of the caregiver and the person they are caring for.

Respite providers can be paid or volunteers.

Respite providers can be a network-approved provider or a neighbor, friend, or relative.

Long term care facilities, adult day care, and child care facilities can provide respite.

Having your loved one attend a camp can provide a period of respite.

Respite is based on your individual needs and what is available in your area.

## FIND RESPITE RESOURCES:

Call our Lifespan Respite Network to have our coordinators help you find Respite providers who have specialized training and also who can help you identify programs that can help pay for Respite.

Or go to the Nebraska Resource and Referral System to identify Respite Providers 24/7 at:

<https://nrrs.ne.gov/respitesearch>

## Interested in providing respite?

If you are interested in receiving training and/or providing respite in your area, call:

# 1-866-RESPITE

Address

City

State

Zip

Phone

Email

- I would like more information on becoming a respite provider.
- I would like more information on accessing respite services.
- We would like to schedule a presentation regarding respite services.
- We will place respite information in our newsletter.
- Please send brochures/posters regarding respite. How many? \_\_\_\_\_
- Enclosed is a donation to the Respite Network so a family may take a much needed break.
- I was referred to Respite by UNMC/MMI or Nebraska Medicine.