

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

Success Stories

Families using respite services share:

Respite offers hope.

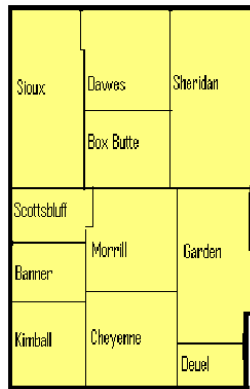
“Some days are really tough, but I know my respite provider will be here soon and I can make it until then.”

Respite helps families stay together longer.

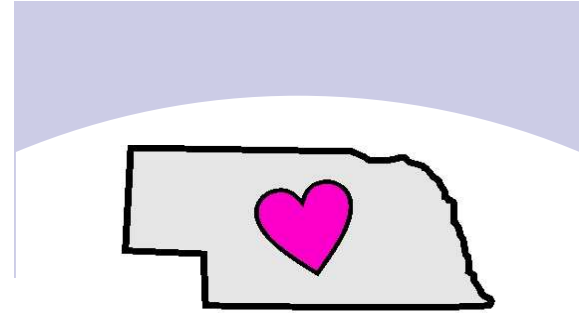
“Respite has been a life-saver! I don’t know what I would do without it.”

Respite reduces the risk of abuse and 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.”



Nebraska Respite Network
PO Box 669
Chadron, NE 68853
(800) 717-1231 Ext. 100



Nebraska Respite Network
~Across the Lifespan



**We Care for those
Who Care for Others.**

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

Nebraska Respite Network
PO Box 669
Chadron NE 69337

Place
Postage
Here

Respite provides hope and relief for families

WHAT IS RESPITE?

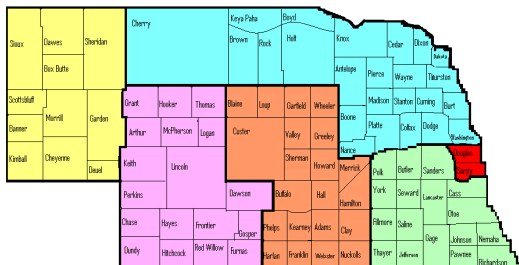
Respite allows the family caregiver an opportunity to have time to do what is needed to take care of themselves.

For Example:

- Go to the grocery store
- Visit their doctor
- Have lunch with a friend
- Attend church or school function
- Take a nap
- Go out of town for a few days
- Just 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 that collect information and coordinate respite resources. We are the one place to call for all of your respite needs.



AM I A CAREGIVER?

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

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.

We can provide you with a list of independent or agency respite providers in your area.

You can select a neighbor, friend, or relative to be your provider also.

Adult day care or child care facilities can also provide respite.

Long term care facilities can provide respite.

Having your loved one attend a camp can provide respite.

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

1-866-RESPITE

Name/Organization
Contact Person
Title
Address
City
State
Zip
Phone
Email

- I would like more information on being 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 a blurb in our newsletter about respite
- 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.