

Respite Funding Sources

For more information on respite funding go to:

nrrs.ne.gov/respite/funding

- Aged & Disabled Medicaid Waiver (Aged, Adults & Children)
- Adult Protective Services
- Alternative Response
- Child Protective Services/ Foster Care
- Developmental Disabilities Medicaid Waivers
- Disabled Children's Program
- Nebraska Lifespan Respite Subsidy Program
- Private Pay
- Subsidized Adoption
- Title III Older American's Act
- U.S. Air Force Exceptional Family Member Program
- Veterans Caregiver Support

For assistance with respite funding or finding a respite provider, contact your local Respite Coordinator.






Did You Know ...

There are over 219,000 identified family caregivers in Nebraska.

Providers Wanted

Are you interested in becoming an independent respite provider?

-  Do you enjoy setting your own hours?
-  Do you enjoy working with families?
-  Do you want to make a family caregiver's life a little easier?

Contact your local Respite Coordinator at the number listed on the inside of this brochure or go to nrrs.ne.gov/respite to apply.

Call Statewide

1-866-RESPITE

1-866-737-7483

NEBRASKA

Good Life. Great Mission.

DEPT. OF HEALTH AND HUMAN SERVICES



Nebraska
 **Family**
Caregiver
Support

LIFESPAN RESPITE NETWORK

Taking care of yourself—is one of the best ways to help your loved one!

We Care for Those Who Care for Others

1-866-RESPITE

1-866-737-7483

<http://nrrs.ne.gov/respite>

What is Respite

Help for the helpers. Respite is a break for unpaid family caregivers caring for a loved one with special needs.

Respite allows the family caregiver time away to care for their personal needs.

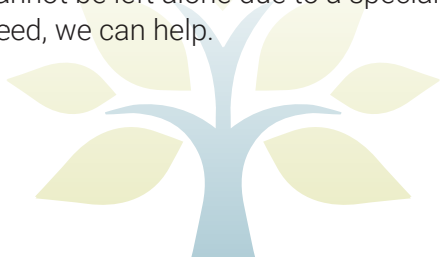
Research shows that when family caregivers take time for themselves, they improve their physical and emotional health.

You can use respite to:

- Go to the grocery store
- Visit the doctor
- Have lunch with a friend
- Take a nap
- Or anything else you need or want to reduce stress

Am I a Family Caregiver?

A family caregiver is a person who provides ongoing care for an individual unable to care for themselves due to age, physical or mental disability, or illness. If your loved one cannot be left alone due to a special need, we can help.



What is the Nebraska Lifespan Respite Network

Caregiving is rewarding, but also demanding and stressful. We offer information, education & support.

We are the place to contact to discuss your respite needs.



Contact Your Local Coordinator to Learn More:

- Western Area**
308-432-8190
respite@wchr.net
- Southwest Area**
308-345-4990
respite@swhealth.ne.gov
- Central Area**
308-745-0780 ext. 139
respite@centralnebraskacap.com
- Northern Area**
308-745-0780 ext. 145
respite@centralnebraska.cap
- Southeast**
402-300-8448
southeastrespite@unmc.edu
- Eastern**
402-559-5732
eastrespite@unmc.edu

Who Provides Respite

There is some flexibility in finding providers. Your local Respite Coordinator can assist you with finding a provider in your area. You may be able to use family members, friends or neighbors as paid providers. Depending upon funding source, other possibilities include: organizations, camps, a trusted agency, a local volunteer-led organization or group, volunteer-led school-based program, equine program, faith-based or other approved activities. While your loved one is attending an activity, you are getting a break—and that's what respite is all about!

You can locate screened respite providers at: nrrs.ne.gov/respite

Click on: **"Find a Provider"**

