Nebraska Family Caregiver Support

LIFESPAN RESPITE NETWORK 866-RESPITE

nrrs.ne.gov/respite

WE CARE FOR THOSE WHO CARE FOR OTHERS

What is Respite?

- Respite is a temporary break for family caregivers caring for a loved one with a special need.
- Respite allows the family caregiver time away to care for their personal needs.

What is the Nebraska Lifespan Respite Network?

- Statewide caregiver and provider help.

How do I access Respite information?

- Simply call the toll-free number listed below. No matter where you are in the state of Nebraska, you will be connected to a Respite Coordinator with information for your area.

Interested in Becoming an INDEPENDENT PROVIDER?

Do you enjoy setting your own hours?

Do you enjoy working with families?

Do you want to make a family caregivers' life a little easier?

Contact your Service Area Respite Coordinator at the number listed below.

Go online at **respite.ne.gov**
or
call **1-866-RESPITE** (737-7483) statewide

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