

## WHAT IS THE NEBRASKA LIFESPAN RESPITE NETWORK?

Caregiving is rewarding, but also demanding and stressful. The Network offers information, education, additional resources, and support to family caregivers.

**Contact your local  
Respite Coordinator:**

**1-866-RESPITE**

**1-866-737-7483**

Or visit [respite.ne.gov](https://respite.ne.gov) to apply.

Please contact the Nebraska Lifespan Respite Network to discuss your respite needs.



## 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, disability, or illness. Visit [respite.ne.gov](https://respite.ne.gov) for more information or scan the QR code below.



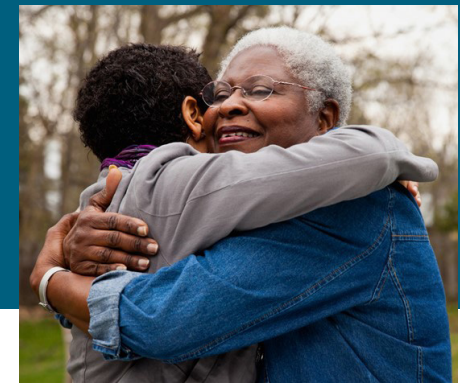
Click here for website

**TAKE THE SURVEY!**  
Click or Scan  
the QR Code



Click here for website

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Nebraska  
 **Family**  
Caregiver  
**Support**  
**LIFESPAN RESPITE**  
**NETWORK**

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



## DID YOU KNOW...

- ✓ There are over 179,000 caregivers in Nebraska. These caregivers provide 168 million hours of unpaid care.
- ✓ 60% of unpaid caregivers also work a full-time or part-time job.
- ✓ 30% of caregivers are caring for two generations.

## WHO PROVIDES RESPITE?

There is 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.

### Other possibilities include:

- ✓ Community organizations
- ✓ Camps
- ✓ Local agencies
- ✓ School-based programs
- ✓ Therapeutic horseback riding facilities
- ✓ Faith-based organizations

You can locate network-screened providers at [respite.ne.gov](https://www.respite.ne.gov)  
Click on: **Find a Provider**



## We Care for Those Who Care for Others

## WHAT IS RESPITE

Help for the helpers. Respite is a break for unpaid family caregivers to care 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
- ✓ Read a book
- ✓ Or for any other way you choose to reduce stress