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** to apply.

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



AM I A FAMILY CAREGIVER?

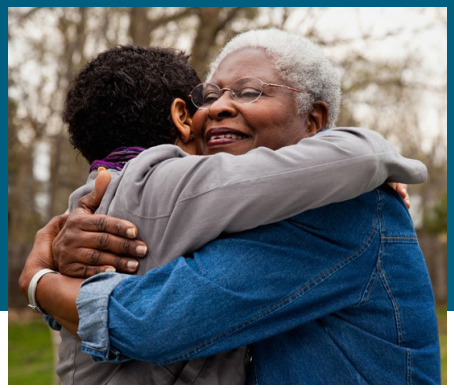
A family caregiver is a person who provides ongoing care for an individual unable to care for themselves due to age, disability, or illness. Visit respite.ne.gov for more information or scan the QR code below.

Click here for website

TAKE THE SURVEY!
Click or Scan the QR Code

Click here for website

DDA-PAM-26 Rev. 8/2026



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.

Data courtesy of AARP: Valuing the Invaluable

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**
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