



NEBRASKA RESPITE NETWORK  
1-866-RESPITE

PO Box 1235 | McCook, NE 69001

respite@swhealth.ne.gov

www.respitesw.ne.gov

Fax: 308-345-4289

This exceptional training equips providers and professionals with the skills needed to support caregivers in their communities through respite. Respite care providers has become a growing need throughout Nebraska as family members are needing to provide round-the-clock care to loved ones.

During this unique, interactive training program, you will receive the education and tools needed to be confident and successful in providing respite care to adults and children.

**The course will cover:**

**PREPARE:**

- Respite: Definition/Value/Volunteers Role
- Crisis Intervention
- Introducing the caregiver and the care recipient
- Building relationships with the caregiver and the care recipient
- Overcoming obstacles in Communication

**CARE:**

- Practice good health and safety practices
- Overview of disabilities across the lifespan
- Creating a positive environment to handle ordinary and challenging respite situations

**CONNECT:**

- Understanding types of assist and adapted equipment
- Planning and adapting activities
- How to set up a successful respite relationship
- Confidentiality and coping skills
- References and support for the future

**REST Training**

Cost: \$75.00 per person

Scholarships Available

Wednesday 20, 2015

ESU 16

314 West First

Ogallala, Nebraska

9:00 am - 5:00 pm MT

Registration is due by

May 12, 2015



**REST Training Registration Form**

Name: \_\_\_\_\_

Company Name: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

City: \_\_\_\_\_ ST: \_\_\_\_\_ Zip: \_\_\_\_\_

Questions or concerns please call

**1-866-RESPITE  
or 1-308-345-4990**

Please enclose **\$75.00** payable to:

**SWNPHD**

(Southwest Nebraska Public Health Department)

**(scholarships Available)**

**List any /all dietary restrictions**

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Mail To: **Helena T Janousek, Respite Coordinator**  
PO Box 1235  
McCook, NE 69001