What the Nebraska Respite Network has done for others...

Families Share Success Stories

Respite offers hope.
“Some days are really tough, but I know my respite provider will be here soon and I can make it until then.”

Respite helps families stay together longer.
“Respite has been a life-saver! I don’t know what I would do without it.”

Respite reduces the risk of abuse and neglect.
“Life is stressful. We all say and do things we regret when things get tough. Respite helps me be a much better mom. It is a wonderful, wonderful thing.”
WHAT IS RESPITE?
Respite provides caregivers of those with long-term or life long disabilities or illnesses an opportunity to have some time away from their caregiver duties to do what is needed to take care of themselves. A respite break can be as short as a few hours or as long as a couple of days or weeks. For example:
- Go to the store
- Visit their doctor
- Have lunch with a friend
- Attend church or school functions
- Take a nap
- Go out of town for a few days
- Relax knowing the person you care for is not alone!

WHAT IS THE NEBRASKA RESPITE NETWORK?
The Nebraska Respite Network consists of six statewide sites that collect information and coordinate respite resources.

We are the one place to call for all of your respite needs.

AM I A CAREGIVER?
A caregiver is a person who cares for someone who has a long-term or lifelong physical or psychological challenge. If your loved one cannot be left alone due to their disability, we can help.

WHO PROVIDES RESPITE?
Respite can occur in many different ways and places depending on the needs of the caregiver and the person they are caring for.

We can match you with qualified respite caregivers in your area.

You may also select a neighbor, friend, or relative to be your provider.

Long term care facilities, adult day care or child care facilities can also provide respite.

Also having your loved one attend a camp can provide respite.

Respite is based on your individual needs and what is available in your area.

Are you interested in becoming a Respite Provider?

Please visit our website at www.respitesw.ne.gov, email us at respite@swhealth.ne.gov or call our office at 308-345-4223 or toll free: 1-866-RESPITE