

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.”



Nebraska Respite Network

Southwest Service Area

404 West 10th ST/ PO Box 1235

McCook, NE 69001

PH: (308) 345-4990 Fax:(308) 345-4289

www.respitesw.ne.gov



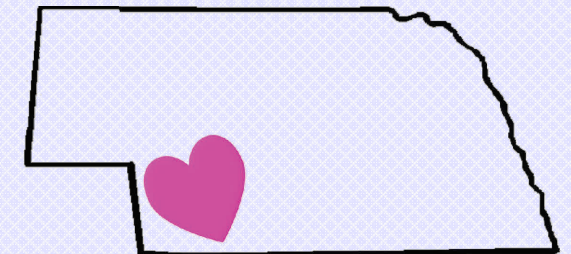
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Funding provided by a Grant from the
Nebraska Department of Health and Human Services

Nebraska Respite Network ~Across the Lifespan

*“We Care for Those
Who Care for Others”*



Nebraska Respite Network

Southwest Service Area

1 866 RESPITE

Nebraska Respite Network
Southwest Service Area
PO Box 1235
McCook NE 69001

Place
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Here

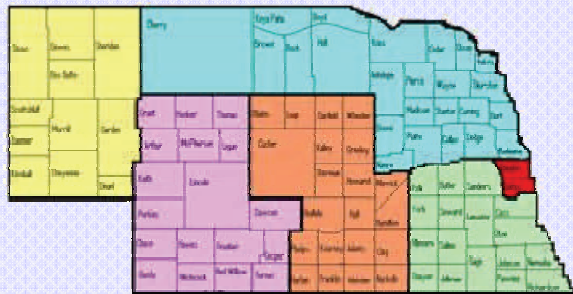
Respite Provides Hope and Relief For Families

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

- I would like more information on being a respite provider
- I would like more information on accessing respite services
- We would like to schedule a presentation regarding respite services
- We will place respite information in our newsletter
- Please send brochures/posters regarding respite. How many? _____
- Enclosed is a donation to the Respite Network so a family may take a much needed break.
- Other _____

Name/Organization

Contact Person

Title

Address

City

State

Zip

Phone

Email