

Caregiver Connection

Quarter 2



I wanted to take a moment to share my sincere thanks to all of you during this past year. It is my hope that 2021 is a much calmer year.

Don't forget to utilize the services of NE DHHS as well as many of the agencies that we partner with. I want to thank you and them. I know I can't wait until we can all see each other face to face again.

****Remember that I am currently working from home and my office hours are Monday through Friday 7 am to 3 pm with email (edbennett@unmc.edu) being the easiest way to reach me. You may also call my office phone (402) 559-5732 and be connected to my cell phone.****

A unique way to use Respite during the Holidays that a Family Caregiver shared:

"I had my Respite Provider stay with my loved one while I wrapped presents or just addressed my holiday cards – it was nice not to have to worry that he was alone while I did this task and it allowed me to do it quicker because I didn't have to worry about his cares for those couple of hours. Thank you!"

Banking of Lifespan Respite Subsidy Funds

Remember you can request banking (or save) of the Lifespan Respite Subsidy funding amount for up to three months to be used at a future date. Especially at this time it may be necessary to bank the funding to use it to pay for Respite once this difficult time is over. Please contact me to request banking.

Remember - Respite is for YOU!

For those of you who still may not be utilizing respite services we wanted to remind you that the purpose of RESPITE is to allow you to rest, recharge, and remember that there is life beyond caregiving.

Respite can provide you with temporary relief from the continuing demands of caring for your loved one with special needs, such as a developmental disability, Alzheimer's or other chronic health condition.

Our wonderful independent Respite Providers are available to come to your home and provide you with an opportunity to have time to take care of your OWN needs – going to doctor's appointments or even other activities like going to the super market alone or having coffee with a friend. Respite could even be yard work, playing golf, or reading a book or magazine. Why not go to the movie without the caregiver responsibility and worry – will my loved one be cared for.

If you have not contacted one of our independent respite providers or have not gotten a list of them from our office for a while, call today. Start yourself on your road to devoting the much needed time for you to take a short break from directly caring for your loved one.

Please contact our office at (402) 559-5732 or edbennett@unmc.edu to request information about banking of funds so the family does not lose them.

You may also generate a list of Respite Providers. Please go to the website: <https://respite.ne.gov> to generate a list of providers or access forms and information.