

Caregiver Connection

Quarter 4



Network Screened Respite Providers

If the Respite Provider is paid by the Lifespan Respite Subsidy (even if the family caregiver pays them directly and then is reimbursed by the Lifespan Respite Subsidy) the Respite Provider will need to be **Network Screened**. Please contact Ellen at (402) 559-5732 or edbennett@unmc.edu for more information.

Banking of Lifespan Respite Subsidy Funds

Remember you can request banking (or save) up to 4 months of the Lifespan Respite Subsidy funding amount to be used during a future month. Please contact me to request banking so you don't lose the funds.

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 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 of will my loved one be cared for.

If you have not contacted one of the Respite Providers in the Nebraska Lifespan Respite Network database 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

FREE Webinars in conjunction with the Nebraska Caregiver Coalition (NCC)

Please see the attached flyer for the registration information regarding the 2021 Education Series for Family Caregivers