

Caregiver Connection

Quarter 3 2022



Here we are in 2022 and I wanted to take a moment to share my sincere thanks to all of you during this past year. It is my hope that 2022 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.

A unique way to use Respite that a Family Caregiver of a teen shared:

"I had my Respite Provider go to the movie with my loved one because I didn't want to see another superhero movie again. Thank you!"

Banking of Lifespan Respite Subsidy Funds – Flexibility in Use of Funds

Remember a Family Caregiver may request flexibility in use of authorized funds to meet recipient need. Respite subsidy funds are not lost if not used each month or billed in full for the allotted subsidy. The funds can be utilized to cover planned or anticipated respite supports for upcoming months using the Flexibility of Funds form. Please contact me at (402) 559-5732 or edbennett@unmc.edu to request the Flexibility of Funds Form.

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.

Respite Providers

As of October 3, 2021 the regulations have changed and now ALL Respite Providers must be **Network Screened** and that process begins with a completed Respite Provider application. Please check with me if you are unsure if your Respite Provider is Network Screened and I can certainly check and send the provider application for them to complete and return.

We do maintain a database of Respite Providers – both Individual and Agencies and they 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 supermarket 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; agency and community based 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.

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.