



# What is Respite?

**Respite is about YOU!**

- The purpose of respite is to allow the caregivers to rest, recharge and remember that there is life beyond caregiving.
- Respite care may be planned or emergency, in home or elsewhere, for a few hours or perhaps a couple of weeks.
- Respite care brings temporary relief to primary caregivers of those with special needs from the continuing demands of someone with special needs such as Parkinson's disease, Autism or other chronic health concern.
- Respite gives an opportunity to have time to do what is needed to take care of ourselves.
- Ideas of what respite is for include:
  - Go to the grocery store
  - Visit their own doctor
  - Have lunch with a friend
  - Attend a church or school function
  - Take a nap
  - Go out of town for a few days
  - Just relax, know the person you take care of is not alone!

**For more information, call  
RESPITE ACROSS THE LIFESPAN  
AT 402-559-5732**

Are you or someone you know interested in becoming a Respite provider? Talk to us today!