
Nebraska
 **Family**
Caregiver
Support

**LIFESPAN RESPITE
NETWORK**

**Taking care of
yourself—is one of
the best ways to help
your loved one!**

Call Statewide

1-866-RESPITE

1-866-737-7483

NEBRASKA

Good Life. Great Mission.

DEPT. OF HEALTH AND HUMAN SERVICES



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RESPITE IS HELP FOR THE HELPERS!

Respite is a break for unpaid family caregivers caring for a loved one with special needs, time away to care for their personal needs. You can use respite to:

- Go to the grocery store
 - Visit the doctor
 - Have lunch with a friend
 - Take a nap
 - Anything else that may reduce stress
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