



# Lifespan Respite Services Program and the Nebraska Lifespan Respite Network

*We care for those who care for others*



**NEBRASKA**

Good Life. Great Mission.

DEPT. OF HEALTH AND HUMAN SERVICES

*Helping People Live Better Lives.*

# What is Respite?

Respite is a short-term break for those caring for someone with a disability, health condition, and/or aged.

“There are only four kinds of people in the world:

Those who have been caregivers;  
Those who are currently caregivers;  
Those who will be caregivers;  
And those who will need a caregiver.”

--Rosalyn Carter

# Am I a Caregiver?

Do you provide ongoing care for someone unable to care for themselves?

- Aging parent or grandparent
- Spouse with a health condition
- Child with special needs
- Sibling with health needs
- Neighbor who is aged
- Friend who is ill/disabled



# The Reason for Respite

**There are over 179,000\* caregivers in Nebraska.**

Caregivers play a critical role in supporting individuals who need long-term services and supports.

*Respite is help for the helpers.*

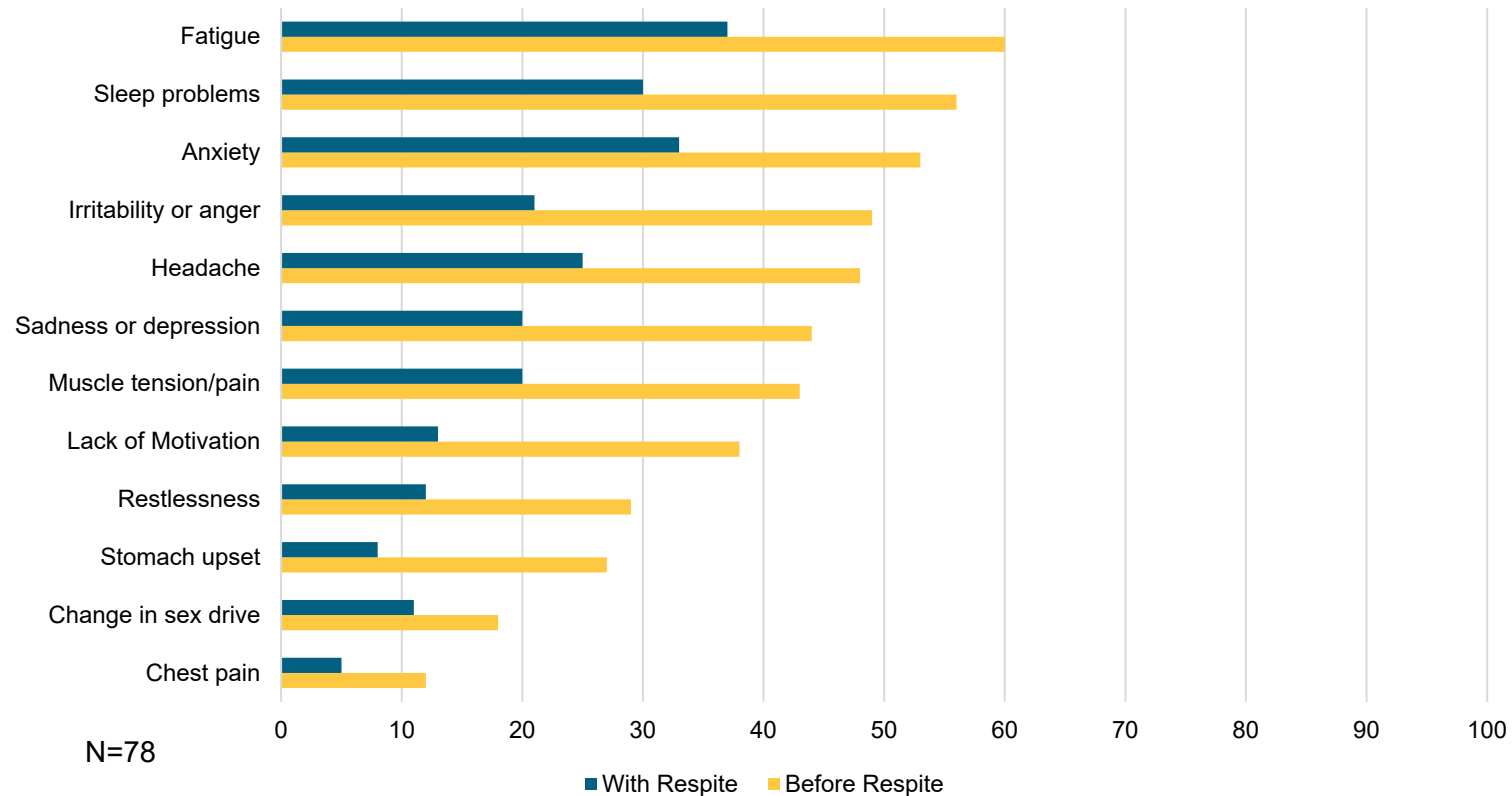
Respite allows the caregiver time away for their personal needs. Research shows that when caregivers take time for themselves, they are better caregivers and improve their overall health.



*\*Source: AARP Valuing the Invaluable, 2023*

# Nebraska Respite Evaluation Data

**Respite Care Resulted in Fewer Health Symptoms Reported by Family Caregivers**



Nebraska Respite Evaluation By: Jolene Johnson, Ed.D. 2015-2017  
 Director, Department of Education and Child Development, Munroe-Meyer Institute/University of NE Medical Center



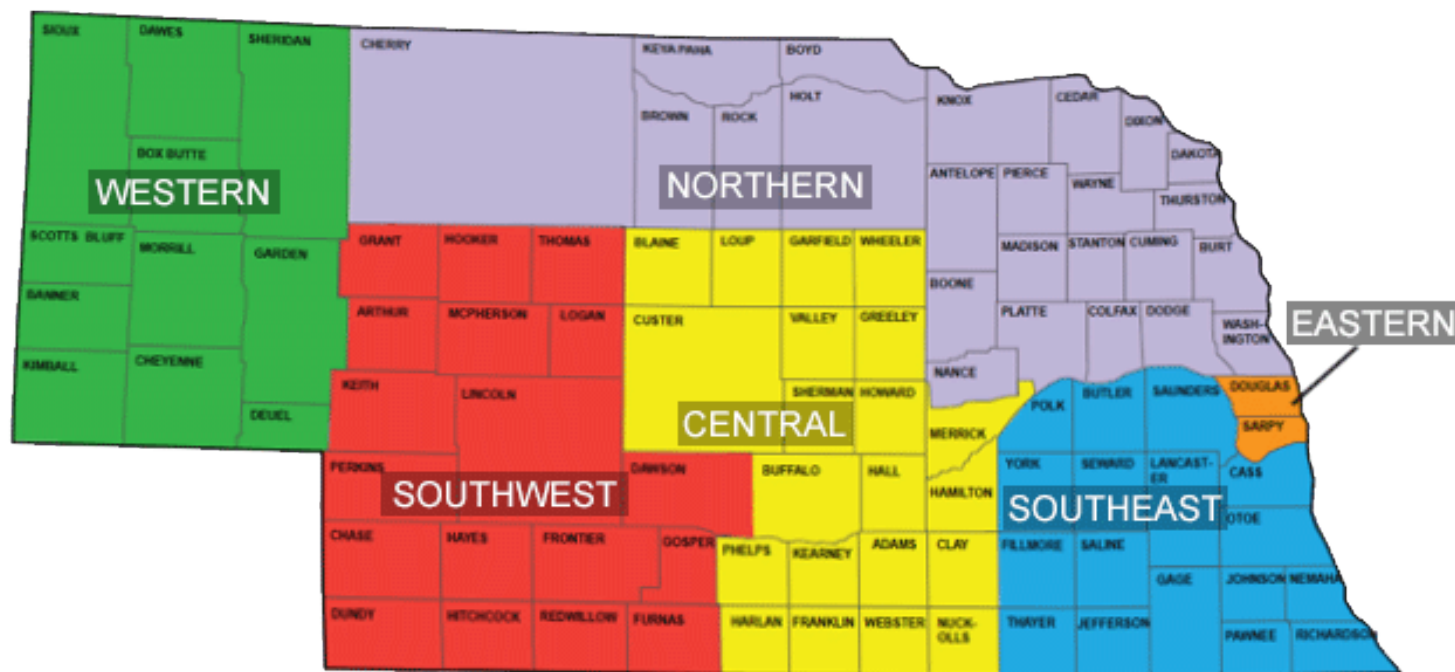
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# The Nebraska Lifespan Respite Network



# Respite Regional Coordinators

## Central Region

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# What is the Respite Network?

We are a network of Respite providers that are:

- Trained
- Background checked
- Independent contractors hired by families
- Providers that can be paid by the NLRN





# How Can Respite Be Used?

Respite time can be used to do anything that will help you feel rested and restored:

- Go shopping
- Visit a doctor
- Have lunch with a friend
- Enjoy a hobby
- Go for a walk
- Get your hair done
- Take a nap



# Respite Funding Sources\*

\*Funded with state and/or federal funds

\*Care Recipient must have Social Security Number

## Possible Funding Sources for Respite:

Lifespan Respite Services Program Subsidy

Subsidized Adoption and Foster Care

SSI

Medicaid AD/DD Waivers

Older Americans ACT

Title XX

Veterans Programs

U.S. Air Force Exceptional Family Member Program

And more!

# Family Caregiving in Nebraska







In 2021, about 179,000 family caregivers  
in Nebraska provided  
**168 million hours of care.**

The value of their caregiving is estimated at  
**\$2.8 billion.**

**Caregivers are valuable and deserve rest.**

*Source: AARP's Valuing the Invaluable, 2023*

# Caregiver Support Ratio

Year	Person in Need of LTSS	Number of Caregivers Available
2010		
2030		
2050		

*Source: AARP, 2019 'The Aging of the Baby Boom and the Growing Care Gap: A Look at Future Declines in the Availability of Family Caregivers'*

# Become a Respite Provider

- Do you enjoy setting your own hours?
- Do you enjoy working with families?
- Do you want to make a family caregiver's life a little easier?

Contact your local Respite Coordinator at 1-866-RESPITE or go to [respite.ne.gov](http://respite.ne.gov)



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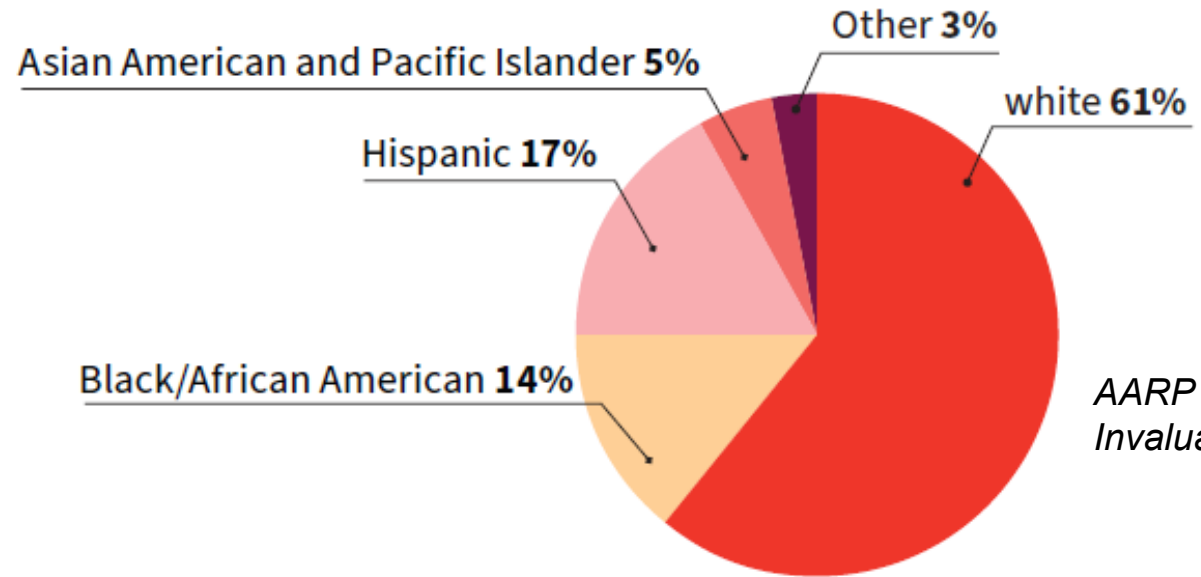
# Working Caregiver Diversity

We seek to learn more about the needs of our diverse communities and their caregiving needs.

Scan the QR Code to take our Working Caregiver Survey!



**Today's family caregivers are diverse.**



*AARP Valuing the Invaluable, 2023*

9% of family caregivers identify as LGBTQ

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## Questions?

**1-866-RESPITE**

**1-866-737-7483**

***Respite.ne.gov***

# Hanna Quiring

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