

Nebraska Respite Network
Southwest Service Area
 P O Box 1235
 McCook NE 69001
 308-345-4990

Respite Newsletter

Getting to know Respite and your Respite coordinator

What is Respite?

Most people do not know what Respite is. Although many of them are a part of or have been affect by it.

Many families receive Respite. Whether its from their immediate family, relatives or even neighbors helping out with an ailing adult or child.

Sometimes there is a need to get out and take a break from caring for that individual who needs constant attention.

Maybe there is a spouse who has had surgery or a parent who can no longer live alone. Children with special needs and other disabilities also require constant care. For those caregivers that need that little break, whether going to the post office or out for lunch, Respite can help them.

Getting to know your new Nebraska Respite Network Southwest Service Area Coordinator, Billie Cole

I too did not know what Respite was until my son was diagnosed with Leukemia in 2007.

While trying to deal with his diagnosis and juggle a family we were informed of the Respite program and other assistance through the Children's Hospital in Omaha.

They quickly connected us with Susan Roe with the Waiver program, who told us how respite worked.

Respite gave me the time to spend with my husband and other two children, who sometimes felt left out with our frequent trips to



Billie Cole, Respite Coordinator

Omaha. It also gave me the time to go grocery shopping alone or have some lunch with friends.

In October 2009, I became the Respite coordinator for the Southwest Service area.

The office is located with the Southwest Nebraska Public Health Department. We will be moving to 404 West 10th in McCook in March.

Newsletters

Each quarter I will be sending out a newsletter with information on Respite, trainings, programs and ideas for families. If you have an idea or information you would like to submit send it to me at the email address below and I will get it in the next edition.

Providers needed

Are you willing to be listed on our database as a respite provider ?

Do you know someone who would benefit from this service or if you need more information contact me at 866-RESPITE or email respite@swhealthdept.com.

We have families calling and looking for providers for their loved ones and you might be just who they are looking for.

♥ How does Respite help our area families? ♥

You've heard my story and how respite has helped my family, but it has also helped others in similar situations.

I recently received a call from a family needing a provider for their disabled

daughter. She is an older child and the family needed someone to stay with her, so they could spend time with their other children.

I immediately sent them a list of caregivers.

Their new provider is won-

derful and they were able to spend a weekend away. It is a perfect match.

They called to thank me for giving them the list and the kind of care and compassion they received from their provider.

Special Events

© Setting a Course for a Lifetime of Good Health 2010 Lifespan Health Conference in Kearney. Visit www.hhs.state.ne.us/lifespanhealth/Conference2010.htm for more information.

♥ Caregiver burnout: 10 ways to recharge and refocus ♥

Take care of yourself and become a better caregiver in the process

Caring for others can take so much time, work and effort that stress and anxiety can often get the best of you. Studies show that female caregivers, in particular, have more emotional and physical health problems. The key to avoiding burnout is using regular tools to keep yourself in check.

Ask for and accept help. If you have other family members, talk about a game plan for dividing up responsibilities. How much time can each person realistically give? How can long-distance loved ones contribute? Who will pay for what? If you have no immediate family, seek out and use community resources, both for yourself and the person you're caring for.

Consider respite care. Respite care offers a temporary break to caregivers. It can range from a few hours of in-home care to a short stay in a nursing home or assisted living facility.

Know your limits. Guilt can play on your ability to say no. Be realistic with your-

self about what you can and cannot handle, based on your other responsibilities to your spouse, children, work, school, etc.

Talk about your caregiving experience. Research has shown that counseling and support groups, in combination with respite care and other services, can help caregivers maintain their role longer, with less stress and greater satisfaction. Join a support group for caregivers in your area, see a therapist or even talk to a trusted friend.

Take it one day at a time. Recognize that you will have good days and bad days, and try to embrace it all. Even when you're feeling resentful or angry, know that this is normal and doesn't define you for eternity. It doesn't make you a bad person or a bad caregiver.

Stay in touch with friends and family. Social activities can help you feel connected and can provide emotional out-

lets for stress.

Get enough sleep. It sounds so simple, but a good night's sleep can make facing any challenge seem all the more manageable. Make getting at least seven hours a priority.

Eat well & exercise. Scarfing down a sugary snack because you have no time to eat will only make you crash later, making you more vulnerable to irritability, stress and fatigue. Opt for snacks like nuts or fruit to keep you on an even keel longer.

Make time for yourself. This is not a luxury, but essential for caregivers. If nothing else, set aside five minutes each day to meditate or simply be still. This is time just for you.

Educate yourself. The more you know about both your loved one's condition and the resources available to you, the more effective you will be in taking care of the both of you. Look online or check out books at your local library.

Visit <http://womenshealth.gov/faq/caregiver>



♥ How to find a support group in your area ♥

Support groups come in many forms. They are usually led by either people like you in similar situations or by professional facilitators such as a social worker. Either way, they can provide valuable information, tremendous comfort and emotional support through shared experiences. There's a support group for virtually any health related topic, whether it is something as specific as breast cancer survivors or as broad as people dealing with anxiety and depression. Use these tips to help you find the support you need.

Use the CarePages.com Discussion Forums. Try posting a question along the lines of "Does anyone know where I can find a support group for [insert the

topic for the support group you are seeking] in [insert your city name]?"

Check with your local community center bulletin boards, churches, libraries, synagogues, mosques and temples.

Scan the ads in your local free weekly newspapers and on your city websites.

Try an Internet search by using the name of your city with the name of the support group type you seek (example: Chicago + caregiver + support + group).

Check with your hospital or at your



doctor's office. A social worker or psychiatrist may also be able to make recommendations.

Ask people you know for suggestions, particularly if they have the same health condition as you or have been there, too.

If you are housebound, **try finding (or even organizing) a round robin group** where you write letters to each other (sometimes offered through church organizations) or even telephone-conferencing-based support groups. You may have to **test out a few support groups** before you find one with which you're comfortable. Remember, a support group should leave you feeling less alone.