



# Nebraska Respite Network Southwest Area

APRIL/MAY 2009

Serving Arthur, Chase, Dawson, Grand, Frontier, Furnas, Gosper, Grant, Hayes, Hitchcock, Hooker, Lincoln, Logan, Keith, McPherson, Perkins, Red Willow, and Thomas Counties

## Calling All Campers!

It's that time of year again! Time to plan your summer camp. Opportunities abound at all four Easter Seals Nebraska camp locations. Along with swimming, hiking, singing, dancing, fishing and boating, we will be adding back the Horse Camp. Campers will also enjoy overnight tent camping at the Equestrian Center where they can participate in cowboy/cowgirl activities like a campfire dinner, playing western games and riding out on the trail.

New this summer, all campers can begin earning Boy Scouts merit badges. By learning the Boy Scout Motto, camping out one night and shooting at the archery range, you can earn badges and advancements. Some day you may even become an Eagle Scout!

Camp applications are being accepted through May 22nd with first review of scholarship forms on April 17th. So get those applications in soon so you don't miss out on all the summer fun. Oh ...and don't forget the flying squirrel!

To register for camp call 800-650-9880 or go to the online registration form at <http://ne.easterseals.com>

### Summer Camp Dates and Locations

#### Camp Eagle - Fremont, NE

June 7-12	Teens DD
June 14-19	Adults DD/PD
June 21-26	<b>Operation Purple - Military Youth</b> Ages 8-12
June 28-July 3	Teens PD
July 6-10	Youth DD/PD
July 12-17	Young Adults PD
July 21-24	<b>Autism - Youth/Teens</b>
July 26-31	<b>Operation Purple - Military Youth</b> Ages 10-14
August 2-7	Young Adults DD

#### Camp Timberlake Ranch - Central City, NE

August 4-8 DD/PD All Ages

#### Camp Comeca - Cozad, NE

July 17-21 DD/PD All Ages

#### Camp Kaleo - Burwell, NE

July 27-30 DD/PD All ages

DD = Developmental Disabilities PD = Physical Disabilities

Youth = Ages 6-12 Teens = Ages 13-22

Young Adults = Ages 23-35 Adults = Ages 36+

### Inside this issue:

Finding Respite Provider	2
Resource Corner	3
Early Childhood Services	3
Respite Office Information	4

### Did you know?

- ♦ 48% of all caregivers are also employed outside the home
- ♦ Caregiving has even resulted in individuals turning down promotions and assignments, or taking early retirement, costing nearly \$659,000 over their lifetime in lost wages, social security and pension contributions.
- ♦ Caregivers have more stress related illnesses, utilize a company's health care plan more and additional cost of the employer. The impact on work is decreased productivity, increased absenteeism and turn over rates.
- ♦ 80% of doctor visits are stress related.

## Easter Seals Camps Offers More in 2009

The summer of 2009 will be a busy one at Easter Seals Nebraska (ESN) camps. New programs, additional staff and more locations will be keeping the ESN staff busy preparing for a great 2009 camp season.

ESN has expanded the number of camp locations to four in 2009. Individuals can register for overnight camps at Fremont, Burwell, Central City, and Cozad. We are confident that with this schedule, you and your family will be able to find a summer camp location, closer to your home, than ever before!

Easter Seals Nebraska will continue to accept scholarship applications. Limited funds are available so get the applications submitted as soon as possible. Please call (402) 345-2200, x1112 for more information.



## How Can I Find a Respite Provider? Part 2



**If you are the primary caregiver for a loved one with a disability or chronic illness, chances are**

**YOU NEED A BREAK!**

**Respite**, a temporary break from caregiving duties, can make a world of difference in helping you maintain the stamina needed to continue the important work you are doing to keep your loved one at home.

**Getting Information Needed: How do you decide who is best qualified to take care of your loved one?**

The reason for collecting information is to find a respite provider that you can trust. Feeling confident enough to leave a respite provider alone with your loved one will help you better enjoy your “break”.

Use a job description or create your own and ask questions during a telephone screening or face-to-face interview. If you already know the person you plan to hire as a respite provider, you may not need to ask him/her to fill out an application or be interviewed.

Telephone Screening—This interview should help you identify candidates who looked good on the application but do not meet one or more of your absolute requirements. It may be that they smoke, or don't have the right kind of experience, or don't have adequate transportation, whatever your expectations are.

The most important response in the telephone and face-to-face interviews will be your “gut feeling.” If you feel unsure about someone or uncomfortable about inviting them into your home, politely thank them for applying and tell them you will let them know if you decide to use their services.

The Face-to-Face Interview - Remember—you are most likely interviewing a stranger so you may want to consider meeting in a place other than your home. Bring your list of personal preferences and requirements and keep these things in mind.

- Trustworthiness
- Honesty
- Sense of Humor
- Good Attitude
- Good Health
- Dependability
- Good Communication Skills



Try to make the situation as comfortable as possible. Explain the disability or illness of your loved one. Go over the job description. Ask about other jobs the person has had in the past. Ask what he/she liked or did not like about their previous job.

**Be cautious about hiring on the spot. Take time to call references.**

## Resource Corner

The Southwest Area Respite Office has a collection of books, tapes, and other materials available for check-out to anyone who has a interest. Items can be kept for one month at a time. Each newsletter will highlight some of those resources. For more information about other materials available contact your local coordinator.



- *Circle of Support. What can I do to Help? By Nancy Thomas DVD.* Helps others to have a deeper understanding for those families focused on healing a challenging Child, especially those with Reactive Attachment Disorder.
- *Riding the Dragon—10 lessons for inner strength in challenging times. By Robert j. Wicks. Amanda Kirby.* A compassionate guidebook to help reader ride the dragons they encounter in their everyday lives.
- *Taming the Tiger While It's a Kitten By Nancy Thomas.* Techniques to turn a toddler from defiance & destruction to compliance and construction with love and laughter.

To check out items call:  
308-345-4990



## Early Childhood Resources Available to Children and their Families

Did you know that your school district in conjunction with Educational Service Unit (ESU) #15 and Educational Service Unit #16 have the following resources available to support families with children ages birth to 5 years.



- Skill building opportunities for the adults
- Nutrition information
- Information on Typical child development in all areas;
- Social-emotional
- Cognitive/thinking
- Motor
- Communication, including hearing ,speech and language)
- Self-help

They have resource staff available to provide screenings and assessments if you have questions about your child's skill in any of these areas mentioned.

The goal of your school district with the support of ESU 15 & 16's Early Childhood Resource Teams are to help families build healthy confident, independent young learners who will be prepared to meet the educational challenges ahead.

This support is provided wherever young children are learning and growing, (i.e.: home , daycare, community preschools, baby sitter, grand parents, etc) because learning happens as a part of everyday experiences in the life of a young child.

For more information contact your closest Early Childhood Team:

Educational Service Unit #15 308-345-7597

Educational Service Unit #16 308-284-8481

Or call your local school district!



## Nebraska Respite Network Southwest Service Area

322 Norris, Suite 12  
McCook NE 69001

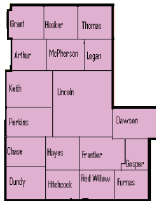
Phone: 308-345-4990  
or 1-866-RESPITE  
Fax: 308-345-4289

E-mail:  
gaylene@swhealthdept.com

**We are on the web**  
**www.swhealthdept.com**

**Follow the links to the**  
**Respite Pages**

Southwest Service Area



## WHAT IS RESPITE?

Respite allows the family caregiver an opportunity to have time to do what is needed to take care of themselves.



- Go to the Grocery Store
- Visit their doctor
- Have lunch with a friend
- Attend Church, School, Or Community functions
- Take a nap
- Go out of town for a few days
- Just relax, knowing the person you take care of is not alone.

Respite can occur in many different ways and places depending on the needs of the caregiver and the person they are caring for. Respite can be a couple of hours, several days or longer if needed. Respite is available for all ages. Call for more information

**866-RESPITE (866-737-7483) or 308-345-4990**

*Individuals interested in volunteering, caregivers, providers, and employers are encouraged to contact the Nebraska Respite Network for more information.*

## Nebraska Respite Southwest Service Area

**Gaylene Stinman Respite Coordinator**

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**McCook, NE 69001**

