



NEWS RELEASE

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For Immediate Release

Contact: Helena T. Janousek, Southwest Service Area Respite Coordinator – 308-345-4990

respite@swhealth.ne.gov

Respite Providers Taking Care of Caregivers

Nebraska Respite Southwest Area would like to recognize the outstanding efforts their respite providers give to the people they serve. According to the National Family Caregivers Association, in any given year over 65 million people provide some level of caregiving services.

Respite providers give family caregivers a break from the daily tasks of caring for a loved one. Often caregiving is a 24 hour/7 days a week commitment. Many people do not realize they need a break or that help is available through the respite network. Grandparents often fall into this category, as they may be raising grandchildren with various disorders, such as: autism spectrum, reactive attachment (RAD), attention deficit hyperactive (ADHD), bipolar, and aggressive or disruptive behaviors. Children with individualized education plans (IEP) may also qualify for respite care.

“Finding providers to give caregivers a break is an ongoing effort,” states Helena T Janousek, Respite Coordinator, SW Area. “Our office can assist in the process to become a respite provider. Call the office at 308-345-4990 to get additional information.”

“Caregivers can make a tremendous difference in the lives of loved ones,” explains Janousek. “It’s a privilege to interact with so many caregivers that have an impact on families in Nebraska. The level of dedication shown by them is inspiring. Take time to thank those people serving as caregivers in your community.”

Nebraska Respite Network provides a statewide system for the coordination of respite resources serving individuals across the lifespan. The Southwest Service Area includes Arthur, Chase, Dawson, Dundy, Frontier, Furnas, Gosper, Grant, Hayes, Hitchcock, Hooker, Lincoln, Logan, Keith, McPherson, Perkins, Red Willow and Thomas counties.

For additional information, contact Janousek at 1-866-RESPITE (737-7483) or 308-345-4990. Nebraska Respite Network – Southwest Service Area is located at 404 West 10th Street – one block north of Arby’s in McCook. Respite provider and caregiver information can be found on the web site www.respitesw.ne.gov . You can also follow us on Facebook or Twitter.

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