

News Release

For Immediate Release

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Contact: Melissa Propp, Clinic Manager, 308-345-4223

November is National Family Caregivers Month

November is recognized as **National Family Caregivers Month**, and Southwest Nebraska Public Health Department (SWNPHD) is taking time to thank and celebrate the many caregivers across our region. Whether you are currently caring for someone, have done so in the past, or expect to in the future, your commitment and compassion make a lasting impact.

“Caregivers are the backbone of many families and communities,” says Paula Wimer, Respite Coordinator for the Southwest service area. “They give their time, energy, and love to help others live better lives. This month, we want them to know their work truly matters.”

Caregiving can be both rewarding and difficult. Many caregivers provide around-the-clock support, manage health needs, and balance other responsibilities, often with little rest or relief. This can lead to stress, exhaustion, or burnout if self-care is overlooked.

Recognizing Caregiver Burnout

Caregiver burnout can appear in many ways. Warning signs may include:

- Feeling exhausted or overwhelmed
- Difficulty concentrating or staying motivated
- Headaches or physical stress
- Frustration over small issues
- Loss of interest in favorite activities
- Trouble sleeping or constant fatigue

Recognizing these signs early is important. Seeking respite, asking for help, or connecting with local support programs can make a big difference in a caregiver’s health and outlook.

Respite Care Provides Relief

To help, SWNPHD offers Respite Services, a program that gives caregivers temporary breaks by providing trusted care for their loved ones. Funding for respite care begins at \$125, and families with special circumstances may qualify for up to \$2,000 in assistance. Funds can be used as a single payment or distributed monthly—whatever best meets the caregiver’s needs.

The Southwest Nebraska Respite Network currently supports 8 family caregivers and 13 respite providers throughout the region, helping families find balance while continuing to care for those they love.

“Even the most dedicated caregivers need time to rest,” continues Wimer. “Taking care of yourself isn’t selfish—it’s part of giving good care.”

For more information or to sign up for respite services contact SWNPHD at 308-345-4223 or visit respite.ne.gov. Southwest Nebraska Public Health Department's respite program serves Arthur, Chase, Dawson, Dundy, Frontier, Furnas, Gosper, Grant, Hayes, Hitchcock, Hooker, Keith, Lincoln, Logan, McPherson, Perkins, Red Willow, and Thomas counties. You can follow us on Facebook, Instagram, and YouTube, or view the website at www.swhealth.ne.gov for many resources.

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