

Nebraska Lifespan Respite Network: 1-866-RESPITE

Respite care, planned or emergency, is the provision of short-term, temporary relief to those who are caring for family members with special needs. Respite also provides a positive experience for the person receiving care. Even though many families take great joy in providing care to their loved ones so that they can remain at home, the physical, emotional and financial consequences for the family caregiver can be overwhelming. Sometimes caregivers are busy caring for others that they ignore their own needs. It's okay to take an occasional break from caregiving!

Call a Respite Network Coordinator in your area at 1-866-RESPITE ([1-866-737-7483](tel:1-866-737-7483)) for help with respite resources.

You may also visit the DHHS supported website "Nebraska Resource and Referral System" at <https://nrrs.ne.gov/respitesearch/>. This free service will assist you 24/7 in finding Network-approved respite providers that best fit your needs and location.

To learn more about health ministry and how to get one started, contact Chris Blanke, the District Rep for Congregational Health/Parish Nursing, by email at: blanke.christine189@gmail.com. Additional resources can be found on the Nebraska District LCMS website at www.ndlcms.org/human-care-ministries/parish-health-and-wellness/.