Thank you to our Partners who support the NLRCC

Seniors in Service
www.seniorsinservicenevada.org
775.358.2768 or 775.358.2322

Nevada CARE Connection
www.nevadacareconnection.org
Phone: 211

Alzheimer's Association
800.272.3900

CRISIS Call Center
1.800.272.3900
Statewide: 775.784.8090

Access Nevada
Toll: 800.992.0900

For additional Respite information please visit:
ARCH National Respite Network and Resource Center at:

www.archrespite.org

Respite Refuels Caregivers

Department of Health & Human Services Aging and Disability Services Division
www.adsd.nv.gov

Neighborhood Network
www.neighbornv.org
Phone: 775-453-4744

R.A.V.E.
775.787.3520

Nevada Senior Services
702.648.3425

Desert Regional Center
www.adsd.nv.gov
702.486.6200

RSVP
775.687.4680 ext 123

President:
Susan Gulas
775.250.8248
gulasreno@charter.net

Secretary:
Cimi Neal
702.894.4435
CimaniqueM@consumerdirectcare.com

Treasurer:
Korine Viehweg
775.787.3520
nnrff@att.net

Phone for NLRCC:
725.999.2245
WHAT IS RESpite?
Respite is temporary relief for caregivers and families. It is a service in which CARE is provided to an adult or child with special needs to give the primary CAREGIVER time for a break.

Respite care allows families to:
- Take care of personal business
- Handle a family crisis or emergency
- Spend time with spouse, family, and/or friends
- Have time to be alone and relax
- Refresh, Regroup and Recharge

WHAT IS THE NLRCC?
The Nevada Lifespan Respite Care Coalition is a voluntary organization with the mission to support caregivers in our community by promoting awareness and access to, as well as coordination and advocacy for, respite services in Nevada throughout the lifespan.

WHAT DOES THE NLRCC DO?
- ADVOCACY and AWARENESS
  NLRCC members are volunteers across the state working to educate their local communities about caregiving and the importance of respite (R & R—rest and relaxation) for family caregivers.
- INFORMATION and REFERRAL
  Provides information and referrals to caregivers, families, and service professionals regarding respite resources in their area.

WHO IS A FAMILY CAREGIVER?
Caregivers are those who take care of their spouse, child, sibling, Parent, or other loved ones with Special needs. Being responsible For their loved one’s care can Result in caregivers neglecting their own needs and feelings.

WHO CAN PROVIDE RESpite CARE?
There are many options for respite care available across the State. It depends on the needs of the family member and caregiver.
- Aging and Disability Services
- Regional Centers (Desert, Sierra and Rural)
- RSVP
- Department of Veterans Affairs
- Home Health Agencies
- Personal Care Agencies
- Assisted Living or Long Term
- Volunteer Organizations
- Friends and Family Members

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Respite Refuels Caregivers