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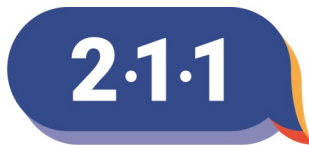


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www.adsd.nv.gov

702.486.6200

For additional Respite information please
visit:

ARCH National Respite Network
and Resource Center at:

www.archrespite.org

Website: NVcaregivingrelief.org

Phone for NLRCC:

725.999.2245



Nevada Lifespan Respite Care





<http://archrespite.org/>

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

Respite Refuels Caregivers