



Respite Voucher Learning Collaborative

Lifespan Respite Washington

+ We went live to our website!

+ Applications for caregivers and respite provider organizations are on most pages!

+ They can be filled out online or as needed, printed and mailed to PAVE.

+ Since 2018, we have received approximately 5 mailed applications and a total of 832 online applications to date.

Select Language
Powered by Translate
Call Us: 253-442-3214
HOME DONATE CONTACT

Lifespan Respite WASHINGTON

FIND RESPITE

ABOUT US VOUCHER PROGRAM FOR SERVICE PROVIDERS RESPITE CARE RESOURCES NEWS & EVENTS

MINI-TECH GRANTS

TAKE SOME TIME WITH RESPITE
SEPT. 2ND NEXT CAREGIVER SUPPORT MEETING

Welcome to Lifespan Respite Washington

Respite, also known as "short breaks", is planned or emergency care that provide temporary relief to family caregivers. Getting respite from caregiving tasks is important for a caregiver's health and well-being, and the person receiving care (often called the care recipient or care receiver) may also benefit with expanded social supports and time to explore new interests.

A family or informal caregiver can be any relative, spouse, partner, friend, kin, or neighbor who has a personal relationship with and provides a broad range of assistance for a family member, friend, or neighbor with a chronic or disabling condition. They are often the "primary caregiver", giving assistance daily year-in and year-out.

A care recipient is the person who gets care. Anyone with a disability or special health care need may be a care recipient. Illness, accidents, aging, a condition someone is born with may all result in a situation where someone needs assistance with daily living.

APPLICATION INFO

If you are seeking respite:

- [Application if you are seeking respite](#)
- [List of current registered providers](#)
- Information for Respite Provider Agencies (RPA):
 - [RPA Applications](#)
 - [Policies and Procedures](#)
 - [Interagency Agreement](#)

Lifespan Respite Washington

Watch this video for step-by-step registration information:



[How to join a Support Group Meeting](#) (from the HeyPeers website)

A screenshot of the Lifespan Respite Washington website. The header includes the logo and a "FIND RESPITE" button. The navigation menu has links for "ABOUT US", "VOUCHER PROGRAM", "FOR SERVICE PROVIDERS", "RESPITE CARE", "RESOURCES", and "NEWS & EVENTS". Below the navigation, there is a "MINI-TECH GRANTS" section. The main content area is titled "News & Events" and features a post about a "Free Statewide Caregiver Support Group". The post includes a description, a list of details (Cost: Free, Frequency: Monthly, Time: 6-7 PM), and a note that meetings are hosted on the HeyPeers website. A sidebar on the right is titled "APPLICATION INFO" and lists links for "Application if you are seeking respite", "List of current registered providers", "Information for Respite Provider Agencies (RPA)", "RPA Applications", "Policies and Procedures", and "Interagency Agreement".

On the website under News & Events tab we have information about our free, statewide support group!

Hosted on the 1st Thursday by a trained facilitator and provided in collaboration with the TBI Council of WA. The support groups are on the [Hey Peers](#) platform. Once a caregiver creates an account they can attend anonymously by phone or online, share a name, use the chat function to share if they want to or turn on their camera. All ways are optional.

The video above shows our caregivers how to create an account on the Hey Peers platform.

We viewed our *new* Mini-Tech Grants!

Click on the green link on each image to get the correctly-sized, saveable image for your use!



Share this: Complete with “grab & post” social media options to circulate!



The screenshot shows the Lifespan Respite Washington website. The header includes a language selector, phone number (253-442-3214), and navigation links for HOME, DONATE, and CONTACT. A search bar and a 'FIND RESPITE' button are also present. The main navigation menu includes ABOUT US, VOUCHER PROGRAM, FOR SERVICE PROVIDERS, RESPITE CARE, RESOURCES, and NEWS & EVENTS. The 'MINI-TECH GRANTS' section is highlighted, featuring a title, a sub-header 'For Washington Nonprofits', and a list of examples of technology that can be purchased with the grants, such as Zoom, MS Office, and mass texting services. A 'Link to Apply' button is located at the bottom of the page.

Thank you for ALL you do in your state! We're in this together - learning, lifting, and leaning-in!