

**Respite Messaging for the General Public
Lifespan Respite Grantee and Coalition Selected Taglines/Messages**

The messages most highly rated by grantees:

Your care may be super, but you're only human.

It's okay to need it, it's okay to want it, it's okay to get it.

Self-care is not selfish. There is only one you.

Caring for caregivers.

Refresh. Recharge. Respite.

Caregiving. You can't pour from an empty cup. Receive Respite so you can fill up.

Good idea: Insert [#Respite](#) after your tagline/message.

And additional messages to refine or consider:

Take a break to rejuvenate.

Take a breath with respite.

Break today, or lose it tomorrow.

Respite...a need for all seasons.

You deserve a break today!

Respite care for you = better care for your loved one.

Respite--the power tool in the caregiving toolbox!

We call it respite. Take a break from caregiving.

Needing a break from caregiving is normal.

Ease your burden. Take a break from caregiving. Get some respite.

Give the person for whom you care a break. Get some respite.

Take a break with respite.

Words are cheap. Give *time* to a caregiver.

Caring for the caregiver.

Respite: So you can care.

RESPITE	
Show	[Heart shape
Share	surrounds
Share	the word
Do	LOVE.]
Be	

Respite: A valuable service for those who provide the invaluable. *Caring*.
Respite. Because you need care too.
Give, give, give, give give...TAKE. Time for yourself is something we all deserve.
Respite. Take a break to not to break.
There is an *I* and *rest* in Respite to keep you healthy and well in taking care of your loved one(s). Use IT!
Respite cares for caregivers. Take a break to rejuvenate.
Respite is your gift to you.
Don't save respite for a rainy day when it's already raining!
Take the time.
Recharge with respite!
Recharge for Love! Lifespan Respite...
Supporting working caregivers is a sound business decision.
You care...so take care of you.
Take a break before you break.
Put on your brakes. Take a break.
Respite rejuvenates caregivers.
Respite = Caregiver Good Health.
Take off with respite.
Care for yourself so you can care for others!
Respite: because your life depends on it.
CAREGIVER TOOLBOX INCLUDES RESPITE. (Make sure you get it!)
Take a Break South Carolina! (original)
Take Another Break South Carolina! (follow-up)