Nevada Lifespan Respite

From: National Family Caregivers Association  
www.thefamilycaregiver.org

10 TIPS FOR FAMILY CAREGIVERS

- Caregiving is a job and respite is your earned right. Reward yourself with respite breaks often.
- Watch out for signs of depression, and don't delay in getting professional help when you need it.
- When people offer to help, accept the offer and suggest specific things that they can do.
- Educate yourself about your loved one’s condition and how to communicate effectively with doctors.
- There’s a difference between caring and doing. Be open to technologies and ideas that promote your loved one’s independence.
- Trust your instincts. Most of the time they’ll lead you in the right direction.
- Caregivers often do a lot of lifting, pushing, and pulling. Be good to your back.
- Grieve for your losses, and then allow yourself to dream new dreams.
- Seek support from other caregivers. There is strength in knowing you are not alone.
- Stand up for your rights as a caregiver and a citizen.

Nevada Aging & Disability Services Division  
For Information on Lifespan Respite Services:  
Contact the ADRC website:  
www.NevadaADRC.com

In NORTHERN Nevada:

Washoe County Senior Services  
1155 E. NINTH STREET  
RENO, NEVADA 89512  
(775) 328-2575  
www.co.washoe.nv.us/seniorsrv/

In RURAL Nevada:  
Lyon county human services  
1075 PYRAMID Street  
Silver springs, NEVADA 89429  
(775) 577-5009  
www.lyon-county.org

In SOUTHERN Nevada:  
Rebuilding All Goals Efficiently (R.A.G.E.)  
2901 El Camino Avenue  
Suite 102  
Las Vegas, Nevada 89102  
(702) 333-1038  
ADRC@bteamrage.org or www.bteamrage.org

For more information on Nevada Lifespan Respite contact:  
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WHAT IS RESPITE?

LIFESPAN RESPITE is achieved when a caregiver allows others to temporarily take over some part or aspect of the caregiver's role, and can return again to the enjoyment of the natural relationship that existed between caregiver and the care recipient before.

WHO NEEDS RESPITE?
Caregivers don't always recognize themselves because they are also Parents, Spouses, Family Members, Friends and Neighbors. Caregivers support people of all ages - Seniors, Children, Adults - people who need help because of special needs, disabilities, chronic or terminal illnesses.

LIFESPAN RESPITE
WHAT RESPITE MEANS FOR YOU

R - Relaxation
Respite gives families peace of mind, helping them to relax, regain their humor and their energy.

E - Enjoyment
Respite lets families enjoy new activities and favorite pastimes.

S - Stability
Respite helps families cope with daily responsibilities and maintain stability during a crisis situation.

P - Preservation
Respite helps to preserve the family unit and prevent possible institutionalization and/or neglect.

I - Involvement
Respite allows families to become involved in community activities and feel less isolated.

T - Time Off
Respite lets families spend time together, or time alone.

E - Enrichment
Respite lets family members establish individual identities and enrich their own growth and development.

CAREGIVER BURNOUT
COMMON WARNING SIGNS

- You have much less energy than you used to.
- It seems like you catch every cold or flu that's going around.
- You are constantly exhausted, even after sleeping or taking a break.
- You neglect your own needs, either because you're too busy or you don’t care anymore.
- Your life revolves around caregiving, but it gives you little satisfaction.
- You have trouble relaxing, even when help is available.
- You are increasingly impatient and irritable with the person you are caring for.
- You feel overwhelmed, helpless.