As many as 217,000 Rhode Islanders will find themselves caregivers of a family member or friend this year. Perhaps you have a spouse, parent or loved one needing daily assistance to remain at home.

**You are a caregiver and care giving is hard work.**
**Maybe you need a break.**

CareBreaks can help family caregivers arrange for, and perhaps help pay for, a break. A break for a caregiver may include bringing a volunteer or paid worker into the home, arranging for your loved one to attend a safe day program, or even placing your loved one in an overnight facility for a short period of time.

To qualify for CareBreaks you must be

- A Rhode Island resident
- Caring for elder who cannot be safely left alone
- Not eligible for (or have used your allocation) for respite care from any other state/federal program

Paid respite care is provided on a cost share basis that is usually determined by the care recipient’s income.

CareBreaks is funded by a grant from the Federal Office of HHS, Administration on Aging In partnership with

- The State Division of Elderly Affairs,
- The Parent Support Network
- United Way 211  The POINT
- The Office of Community Services and Catholic Charities

Call (401) 421-7833  Monday-Friday  8:30 AM to 4:30 PM PM and ask for the CareBreaks Program