

# Help a caregiver get the break they deserve!



## Do you know someone who may qualify for North Carolina's Lifespan Respite Voucher Program?

If you work in a professional or referring capacity with someone caring for someone else with special needs of any age, you can help him or her access a \$500 reimbursement-based voucher through the NC Lifespan Respite Program.

Lifespan Respite is flexible and centered around what will meet the caregiver's needs. The caregiver may hire an agency, facility, or a familiar individual to care for his/her loved one while taking a break from their day to day caregiving responsibilities.

### Who is eligible?

- Caregivers must be at least 18 years old and a North Carolina resident.
- The caregiver must be providing unpaid care to someone of any age with special needs.
- Neither caregiver nor care recipient can be receiving ongoing, publicly-funded in home care or respite care.

### How do I apply?

- Submit a secure, online application at [www.highcountryaging.org/services/lifespan-respite-project](http://www.highcountryaging.org/services/lifespan-respite-project). This takes only minutes and can be completed with the caregiver with you by phone or in person. Applications must come from a referring agency\*, applications completed by caregivers will not be accepted.
- Instructions and additional eligibility criteria are on the website.
- Once the completed application is submitted, all further contact with the caregiver is handled by High Country Area Agency on Aging.

\*Referring agencies include doctors' offices, departments of social services, school administrators or guidance counselors, senior centers, area agencies on aging, etc.

For additional information on the North Carolina Lifespan Respite Voucher Program, visit [www.highcountryaging.org](http://www.highcountryaging.org) or contact Pat Guarnieri at 828-265-5434 ext. 139 or [pguarnieri@regiond.org](mailto:pguarnieri@regiond.org).



Lifespan Respite vouchers are brought to you by the NC Lifespan Respite Project and administered by High Country Area Agency on Aging. Funding is made possible by a grant to the NC Department of Health and Human Services from the U.S. Administration for Community Living.