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Department of Health & Human Services
Division of Children & Family Services
Economic Assistance
P.O. Box 95026
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Nebraska Lifespan Respite Network



Nebraska Department of
Health and Human Services

Division of Children and Family Services
Economic Assistance

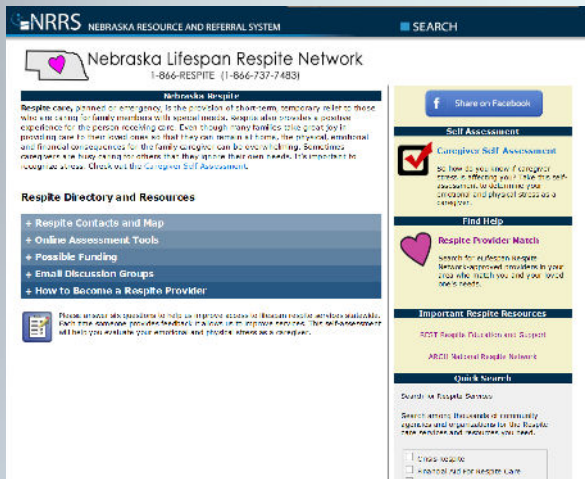
Department of Health & Human Services



Respite care - planned or emergency - is the provision of short-term, temporary relief to those who are caring for family members with special needs. Respite also provides a positive experience for the person receiving care. Even though many families take great joy in providing care to their loved ones so that they can remain at home, the physical, emotional and financial consequences for the family caregiver can be overwhelming. Sometimes caregivers are so busy caring for others that they ignore their own needs. It's okay to take an occasional break from caregiving!

Call a Respite Network Coordinator in your area at 1-866-RESPITE (1-866-737-7483) for help with respite resources.

You may also visit the DHHS supported website "Nebraska Resource and Referral System" at <https://nrns.ne.gov/respitesearch/>.



This free service will assist you 24/7 in finding Network-approved respite providers that best fit your needs and location. You can easily search for respite resources and supportive services throughout Nebraska on this site, as well as find answers to your questions, such as:

- What if I (the caregiver) need help finding a Network-approved respite provider so I can have a break?
- How do I get a care recipient qualified for the Lifespan Respite Subsidy Program?
- How do I become a Respite provider?
- When/where is caregiver and/or provider training offered?

Central Service Area

Serving Adams, Blaine, Buffalo, Clay, Custer, Hall, Hamilton, Franklin, Garfield, Greeley, Harlan, Howard, Kearney, Loup, Merrick, Nuckolls, Phelps, Sherman, Valley, Webster, and Wheeler counties.

Peg Jensen, Coordinator
 Central NE Community Action Partnership
 PO Box 509
 626 N Street
 Loup City, NE 68853
 308-745-0780, ext. 139
pjensen@centralnebraskacap.com

Eastern Service Area

Serving Douglas and Sarpy counties.

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 985450 UNMC
 Omaha, NE 56198-5450
 402-559-5732
edbennett@unmc.edu

Western Service Area

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 300 Shelton St.
 Chadron, NE 69337
 308-432-8190
specialprojects@wchr.net

Northern Service Area

Serving Antelope, Boone, Boyd, Brown, Burt, Cedar, Cherry, Colfax, Cuming, Dakota, Dixon, Dodge, Holt, Keya Paha, Knox, Nance, Madison Pierce, Platte, Rock, Thurston, Stanton, Washington and Wayne counties.

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Southeast Service Area

Serving Butler, Cass, Fillmore, Gage, Jefferson, Johnson, Lancaster, Nemaha, Otoe, Pawnee, Polk, Richardson, Seward, Saunders, Saline, Thayer, and York counties.

Mary Shada, Coordinator
 YWCA - Lincoln
 1701 So. 17th
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 402-434-3494 ext. 103
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Southwest Service Area

Serving Arthur, Chase, Dawson, Dundy, Frontier, Furnas, Gosper, Grant, Hayes, Hitchcock, Hooker, Keith, Lincoln, Logan, McPherson, Perkins, Red Willow and Thomas counties.

Helena T. Janousek, Coordinator
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