



Office for  
the Aging

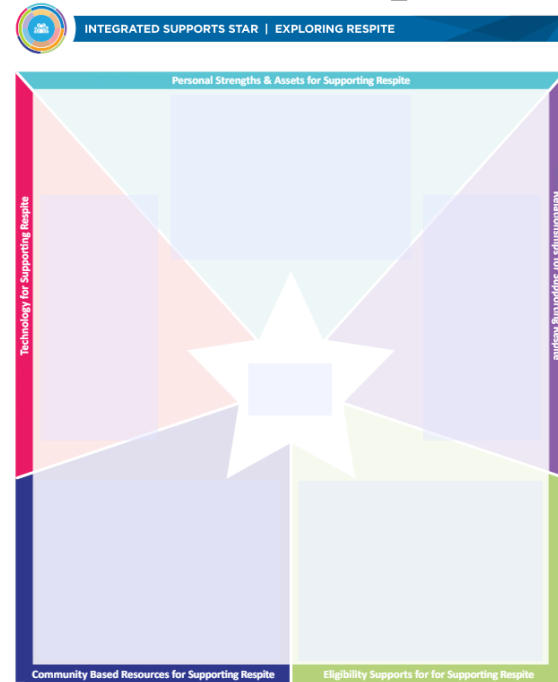


# LifeCourse Tools for Respite – Improving Access to Respite Statewide

May 1, 2024

# LifeCourse Tools for Respite

- Planning tools for caregivers to incorporate respite into their lives
- Allows respite to be customized to meet the unique needs of family caregivers



[www.LIFECOURSETOOLS.com](http://www.LIFECOURSETOOLS.com)

# Partnership with ADRC

- New York State Office for Aging NY Connects (New York's ADRC) have been trained by the University of Missouri
  - How to use the tools
  - How to train on the tools
- Will train local NY Connects (and caregiver support program) staff on how to use the LifeCourse Tools with caregivers throughout the final two years of our grant
- Our first training will be held this month!

<https://www.lifecoursetools.com/lifecourse-library/exploring-the-life-domains/respite/>

