

## Nevada Lifespan Respite

From: National Family Caregivers Association

[www.thefamilycaregiver.org](http://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](http://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/](http://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](http://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

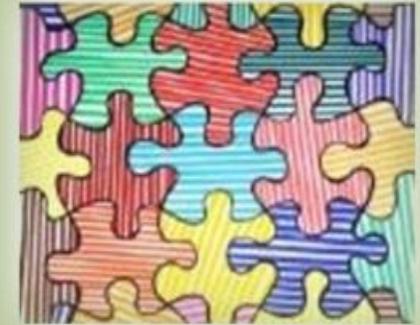
(702) 333-1038

[ADRC@bteamrage.org](mailto:ADRC@bteamrage.org) or [www.bteamrage.org](http://www.bteamrage.org)

For more information on  
Nevada Lifespan Respite contact:  
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Nevada Aging & Disability  
Services Division

## Nevada Lifespan Respite



*Lifespan Respite Information for Nevada*

### RESPITE for FAMILY CAREGIVERS

#### Support Resource



## WHAT IS RESPITE?



*FOR FAMILY CAREGIVERS*

**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**elaxation Respite gives families peace of mind, helping them to relax, regain their humor and their energy.
- E**njoyment Respite lets families enjoy new activities and favorite pastimes.
- S**tability Respite helps families cope with daily responsibilities and maintain stability during a crisis situation.
- P**reservation Respite helps to preserve the family unit and prevent possible institutionalization and/or neglect.
- I**nvolvement Respite allows families to become involved in community activities and feel less isolated.
- T**ime Off Respite lets families spend time together, or time alone.
- E**nrichment 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.