About Alabama Respite

What is respite? Respite is a temporary break for family caregivers who are caring for a person of any age with a disability of chronic illness living in the home.

Our mission: To make respite resources available and easily accessible to all caregivers in Alabama.

Our services:
- Information and Referral
- Public Awareness/Advocacy
- Voucher Respite
- Technical Assistance
- Coordination of the statewide Sharing the Care (STC) initiatives.

Alabama Respite can assist your faith community in starting a successful respite ministry!

1-866-RESTALA (737-8252)
www.alabamarespite.org

Faith-Based Respite Ministry

Alabama Respite is a statewide program of United Cerebral Palsy of Huntsville and Tennessee Valley, Inc.

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Providing Breaks for Family Caregivers in Your Community
Why consider caregiver support or respite ministry?

29% of U.S. households are currently involved in caregiving. Well-timed breaks can prevent caregiver burnout, as well as abuse and neglect. Respite is the most frequently requested home and community-based service. Caregiving puts a significant amount of stress on individuals and families. Spiritual needs of caregivers are considerable. Caregiving families often drop out of faith-based communities.

What can your faith community do for family caregivers right now?

- Surround caregivers with support before a crisis!
- Find and contact caregivers in your congregation and ask them what they need.
- Provide supports so that caregivers can attend congregational activities.
- Look at how current ministries can be adapted to meet the needs of caregivers.
- Create a "respite fund" from which families can draw money to pay for respite.
- Prepare a list of ways to help caregivers with everyday activities and challenge your congregation to meet those needs.

What does faith-based respite ministry look like?

The options for respite ministry are as varied as the congregations themselves. Alabama Respite can help you determine what type of ministry will work best for your congregation and the specific needs of your community. Representatives from successful respite ministries are available to speak to your congregation or host a visit to their program.