Montana Lifespan Respite (LSR) Coalition

The Montana LSR Coalition is a group of individuals from agencies, state departments and non-profits, caregivers, and others interested in improving the quality of life of family caregivers and those that need support.

Mission Statement

To establish a statewide, coordinated system of easily accessible, quality, and affordable respite care services for Montana’s family caregivers of individuals regardless of special needs.

Vision Statement

To provide all family caregivers access to a quality community-based respite care service that is affordable and flexible to meet caregiver’s needs.

How can you help?

- Share your story – tell us how respite makes a difference in your life & why it’s important to you.
- Join our coalition - it’s easy. Email your request to kreidelbach@mt.gov
- Visit our website at www.respite.mt.gov

For more information contact:

DEAP
2200 Box Elder
Miles City, MT 59301
Phone: 406-234-6034
1-800-224-6034
or
for respite assistance
1-800-551-3191
Mon – Fri 8AM to 5PM

A break for the family caregiver

It’s OK to need it, it’s OK to want it, and it’s OK to get it!

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Respite is about giving you temporary relief.

50% of people who are caring for a loved one experience stress. Routine activities may feel overwhelming. Respite provides temporary relief to caregivers by providing quality, competent care for the family member being cared for.

The benefits of quality respite care are numerous. Respite care positively impacts family caregivers, the family members they care for, and the community where they live.

- **Relaxation**
  Respite providers enable you to have peace of mind while you rejuvenate.

- **Enjoyment**
  Respite allows you and other caregivers time to enjoy favorite pastimes.

- **Stability**
  Respite helps you cope with daily responsibilities and maintain stability.

- **Preservation**
  Respite helps strengthen the family unit.

- **Involvement**
  Respite allows you an opportunity to be a part of community activities.

- **Time Off**
  Respite provides you with a break from caregiving responsibilities.

- **Enrichment**
  Respite makes it possible for you to maintain individuality and enrich your life.

Visit our website to get your questions answered:
- How do I manage caregiving with my other responsibilities?
- How can I get respite?
- What questions do I ask when hiring a respite caregiver?
- I live a long distance from my parents. How do I coordinate long distance caregiving?
- And more…

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