



CareBreaks...

Supporting family caregivers in what you do best!

As many as 217, 000 Rhode Islanders will find themselves caregivers of a family member or friend this year. Perhaps you have a spouse, parent or loved one needing daily assistance to remain at home.

**You are a caregiver and care giving is hard work.
Maybe you need a break.**

CareBreaks can help family caregivers arrange for, and perhaps help pay for, a break.

A break for a caregiver may include bringing a volunteer or paid worker into the home, arranging for your loved one to attend a safe day program, or even placing your loved one in an overnight facility for a short period of time.

To qualify for CareBreaks you must be

- ✓ A Rhode Island resident
- ✓ Caring for elder who cannot be safely left alone
- ✓ Not eligible for (or have used your allocation) for respite care from any other state/federal program

Paid respite care is provided on a cost share basis that is usually determined by the care recipient's income.



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Federal Office of HHS, Administration on Aging
In partnership with
The State Division of Elderly Affairs,
The Parent Support Network
United Way 211 The POINT
The Office of Community Services and Catholic Charities

Call (401) 421-7833 Monday-Friday 8:30 AM to 4:30 PM PM and ask for the CareBreaks Program