The Tennessee Respite Coalition is made up of staff, board members, regional group members, committee volunteers, respite volunteers, and family caregivers. We work together to educate the community about the importance of respite for family caregivers and provide respite resources for caregivers in need of a break.

**OUR SERVICES**
- Statewide Respite Helpline - Toll-free information line that families and professionals can access to learn more about the TRC, access our programs, and get information about respite resources around the state.
- Family Directed Respite - Voucher system providing much needed respite to family caregivers and encourages families to feel in control of and empowered to use respite.
- Advocacy and Awareness - Volunteers in 7 regional groups across the state educate their local communities about caregiving and the importance of respite.
- Volunteer Respite - Utilizing the power of volunteers to increase the amount of respite available to family caregivers in Tennessee.

**Three ways to GIVE to the Tennessee Respite Coalition**

1. **Contact our office** by phone at 615-269-8687

2. **Donate directly through our website** tnrspite.org

3. **Complete this form** and mail it to

   TRC: 19 Music Square West, Suite
   Nashville, TN 3720

**Caregivers** are those who care for spouses, parents, children, siblings or other loved ones facing a wide array of special needs.