Nebraska Respite Evaluation Data

Respite Care Resulted in Fewer Health Symptoms Reported by Family Caregivers

- Fatigue
- Sleep problems
- Anxiety
- Irritability or anger
- Headache
- Sadness or depression
- Muscle tension/pain
- Lack of Motivation
- Restlessness
- Stomach upset
- Change in sex drive
- Chest pain

With Respite vs. Before Respite: N=78