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Economic Assistance
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Nebraska Lifespan Respite Network



Nebraska Department of
Health and Human Services

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Economic Assistance

Department of Health & Human Services



Respite care - planned or emergency - is the provision of short-term, temporary relief to those who are caring for family members with special needs. Respite also provides a positive experience for the person receiving care. Even though many families take great joy in providing care to their loved ones so that they can remain at home, the physical, emotional and financial consequences for the family caregiver can be overwhelming. Sometimes caregivers are so busy caring for others that they ignore their own needs. It's okay to take an occasional break from caregiving!

Call a Respite Network Coordinator in your area at 1-866-RESPITE (1-866-737-7483) for help with respite resources.

You may also visit the DHHS supported website "Nebraska Resource and Referral System" at <https://nrns.ne.gov/respitesearch/>.

This free service will assist you 24/7 in finding Network-approved respite providers that best fit your needs and location. You can easily search for respite resources and supportive services throughout Nebraska on this site, as well as find answers to your questions, such as:

- What if I (the caregiver) need help finding a Network-approved respite provider so I can have a break?
- How do I get a care recipient qualified for the Lifespan Respite Subsidy Program?
- How do I become a Respite provider?
- When/where is caregiver and/or provider training offered?

Central Service Area

Serving Adams, Blaine, Buffalo, Clay, Custer, Hall, Hamilton, Franklin, Garfield, Greeley, Harlan, Howard, Kearney, Loup, Merrick, Nuckolls, Phelps, Sherman, Valley, Webster, and Wheeler counties.

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 Central NE Community Action Partnership
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 Loup City, NE 68853
 308-745-0780, ext. 139
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Eastern Service Area

Serving Douglas and Sarpy counties.

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 402-559-5732
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Western Service Area

Serving Banner, Box Butte, Cheyenne, Dawes, Deuel, Garden, Kimball, Morrill, Scotts Bluff, Sheridan, and Sioux counties.

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 300 Shelton St.
 Chadron, NE 69337
 308-432-8190
specialprojects@wchr.net

Northern Service Area

Serving Antelope, Boone, Boyd, Brown, Burt, Cedar, Cherry, Colfax, Cuming, Dakota, Dixon, Dodge, Holt, Keya Paha, Knox, Nance, Madison Pierce, Platte, Rock, Thurston, Stanton, Washington and Wayne counties.

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Southeast Service Area

Serving Butler, Cass, Fillmore, Gage, Jefferson, Johnson, Lancaster, Nemaha, Otoe, Pawnee, Polk, Richardson, Seward, Saunders, Saline, Thayer, and York counties.

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Southwest Service Area

Serving Arthur, Chase, Dawson, Dundy, Frontier, Furnas, Gosper, Grant, Hayes, Hitchcock, Hooker, Keith, Lincoln, Logan, McPherson, Perkins, Red Willow and Thomas counties.

Helena T. Janousek, Coordinator
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