Sharon J. Johnson,
Statewide Respite Network Program
Coordinator 402-471-1764 or
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Lifespan Respite Subsidy Program
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Department of Health & Human Services
Division of Children & Family Services
Economic Assistance
P.O. Box 95026
Lincoln, NE 68509-5026
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://nrrs.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.

Peg Jensen, Coordinator
Central NE Community Action Partnership
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Loup City, NE 68853
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Eastern Service Area
Serving Douglas and Sarpy counties.

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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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Chadron, NE 69337
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Northern Service Area

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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

Helena T. Janousek, Coordinator
Southwest NE Public Health Dept.
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308-345-4990
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