

# NEWS RELEASE

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For Immediate Release

Contact: Helena T. Janousek, Southwest Service Area Respite Coordinator, 308-345-4990  
[respitesw@swhealth.ne.gov](mailto:respitesw@swhealth.ne.gov) “We Care for Those Who Care for Others”

## Nebraska Respite Network Partnering with Local Businesses

Nebraska Respite Network (Southwest Service Area) is partnering with area businesses to share information on respite. Southwest Service Area Respite Coordinator Helena Janousek is asking employers to post window clings for Caregiver Awareness Month at their business locations throughout the 18-county service area.

Respite provides family caregivers a break from taking care of a loved one 24 hours a day, 7 days a week. Many people do not realize that they need a break or that they could receive help from Respite. Families may qualify for respite services that care for someone with one of the following diagnoses:

- Alzheimer’s/Dementia
- Anxiety, Depression
- Attention deficit hyperactive disorder (ADHD)
- Autism spectrum
- Bipolar or aggressive/disruptive behaviors
- Developmental Delay/Intellectual disabilities
- Medical conditions like stroke, seizures, or cancer
- Parkinson’s Disease
- Reactive Attachment Disorder (RAD)
- Children with individualized education plans (IEP) may also qualify for respite care.

Nebraska Respite Network provides a statewide system for the coordination of respite resources serving individuals across the lifespan. Anyone looking for respite care or other services in Nebraska can use the **Nebraska Resource and Referral System at [nrrs.ne.gov](http://nrrs.ne.gov)**. The Southwest Service Area includes Arthur, Chase, Dawson, Dundy, Frontier, Furnas, Gosper, Grant, Hayes, Hitchcock, Hooker, Lincoln, Logan, Keith, McPherson, Perkins, Red Willow and Thomas counties. “We Care for Those Who Care for Others.”

For additional information, contact Janousek at 1-866-RESPITE (737-7483) or 308-345-4990. Nebraska Respite Network – Southwest Service Area is located at 404 West 10<sup>th</sup> Street, McCook – one block north of Arby’s. Respite provider and caregiver information can be found on the website [www.respitesw.ne.gov](http://www.respitesw.ne.gov) . You can also follow us on Facebook or Twitter.

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