



**NEBRASKA RESPITE NETWORK**  
**1-866-RESPITE**

## NEWS RELEASE

March 1, 2018

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”*

### **Caring for Those Who Care for Others**

There are 65 million Americans who provide unpaid care for loved ones who have a disability. These caregivers are vital to our nation’s direct healthcare system. They often put their own physical, emotional and financial well-being at risk. They may neglect their own health and wellness routine, cut back on their work hours or leave their job entirely. They’re also at higher risk of depression and other stress-related conditions.

Often family caregivers feel isolated and have limited time to take care of themselves. Arranging for in-home services may be the best way to lighten the caregiver’s work load and stress level while providing peace of mind for the family.

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. Grandparents often fall into this category, as they may be raising grandchildren with various disorders, such as: autism spectrum, reactive attachment (RAD), attention deficit hyper (ADHD), bipolar, and aggressive or disruptive behaviors. Children with individualized education plans (IEP) may also qualify for respite care.

“Caregivers can make a tremendous difference in the lives of our loved ones,” explains Helena Janousek, Respite Coordinator for the Southwest Service Area. “It is a privilege to interact with so many caregivers that have an enormous impact on families in Nebraska. I applaud the level of dedication shown by them and encourage everyone to take a moment to thank those serving as caregivers in your own community.”

Nebraska Respite Network provides a statewide system for the coordination of respite resources serving individuals across the lifespan. 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 web site [www.respitesw.ne.gov](http://www.respitesw.ne.gov) . You can also follow on Facebook or Twitter.

#####