

## *Caregivers need a break!*

### Are You a Caregiver?

Are you providing unpaid care at home to a spouse, child, relative, or friend of any age who as a disability or chronic illness, or needs help with basic activities of daily living?

### What is Respite?

Respite is temporary relief for family caregivers who are caring for individuals of any age who have disabilities, chronic, or terminal illnesses.

### Our Mission:

*At Alabama Respite, our mission is to make respite resources readily available and easily accessible for all caregivers in Alabama*

### For More Information

Toll Free:  
1-866-737-8252

### Website:

[www.alabamarespite.org](http://www.alabamarespite.org)



Alabama Respite is a Program of  
UCP Huntsville and Tennessee Valley, Inc.

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***Alabama  
Lifespan  
Respite Resource  
Network®***

***GIVE ME A BREAK!***

### ***Why is Respite Important?***

Family caregivers are the foundation of the long term care system. An estimated 850,000 Alabamians are caring for a loved one at home, providing over 800 million hours of unpaid care. The market value of this unpaid care is over \$8 billion per year.

Although caregiving is rewarding, it can be stressful – mentally, physically, emotionally and financially. Caregivers need and deserve a break from their day-to-day caregiving duties.

### ***What are the Benefits of Respite?***

The benefits of adequate, quality respite care are numerous and positively impact family caregivers, the family members they care for and the community where they live.

- Reduces the stress and fatigue associated with caring for a family member
- Improves family functioning and satisfaction with life
- Improves attitudes toward the care recipient
- Helps sustain family caregiver health and well-being
- Helps avoid or delay out-of-home placements for care recipient
- Reduces the likelihood of abuse and neglect

### ***Respite Care in Alabama***

The Alabama Lifespan Respite Resource Network™ is designated by the Alabama Legislature as the lead entity for lifespan respite coordination in the state of Alabama and the designated coordinator of the Alabama Lifespan Respite Coalition.

Alabama Respite is the statewide program whose purpose is to identify and develop a network of high quality respite resources for family caregivers who are caring for an individual of any age that has a disability, chronic or terminal illness.

### ***How is Respite Provided?***

Respite can be provided in a variety of settings including:

- The family's home
- A relative's home
- A community setting
- A day care center
- Faith-based respite programs

**To locate respite services in your area:**

Visit our website at:

[www.alabamarespite.org](http://www.alabamarespite.org)

Or call toll free:

**1-866-737-8252**

### ***Activities of Alabama Respite***

- Educating the public, caregivers and policymakers about the need for and benefits of respite
- Supporting a statewide respite coalition
- Identifying statewide respite resources
- Assessing gaps and barriers to respite
- Creating new options for respite services
- Advocating for increased funding for respite
- Managing vouchers for respite care
- Volunteer Respite Provider Training
- Developing and supporting statewide Sharing the Care (STC) initiatives

### ***What is Sharing the Care (STC)?***

STC is a community initiative that brings together a group of volunteer community stakeholders whose goal is to strengthen caregivers by increasing the availability and accessibility to local respite resources. Activities include public awareness, training, technical assistance and resource development.

### ***How Can You Help?***

- Contact your elected officials about the importance of respite
- Ask about (STC in your area.
- Share your story – tell us how respite affects your life.