



**Alabama Lifespan Respite
Resource Network™
(Alabama Respite)**

*Working to make respite readily
available and easily accessible to all
caregivers in Alabama*

Our Services:

- Information and Referral
- Public Awareness and Advocacy
- Voucher Respite Programs
- Technical Assistance
- Sharing the Care (STC) Initiatives

www.alabamarespite.org
1-866-RESTALA (737-8252)



- Respite is temporary relief for family caregivers who are caring for individuals of any age who have disabilities, chronic, or terminal illnesses.
- AARP estimates that there are over 818,000 caregivers in Alabama providing approximately 783 million hours of unpaid care at home.
- The market value of this unpaid care is over \$7.8 billion per year.
- Respite reduces caregiver stress and strengthens families.
- Respite is the home and community based service most requested by caregivers, but one of the most difficult to access due to lack of funding and availability, stringent eligibility requirements, and long waiting lists.
- Respite can be provided in a variety of ways, including in-home care, out-of-home facilities, faith-based and volunteer programs, and more.

Get Involved! Contact us to find out how you can help:

- *Start or Join a Local Sharing the Care (STC) Initiative*
- *Contact Your Legislator*
- *Tell Your Story*

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Alabama Respite

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