



NEBRASKA RESPITE NETWORK
1-866-RESPITE

NEWS RELEASE

November 3, 2015

For Immediate Release

Contact: Helena T. Janousek, Respite Coordinator – 308-345-4990

REST Training Scheduled for December 9th in Lexington

Lexington – Nebraska Respite Network (Southwest Service Area) will be offering REST (Respite Education & Support Tools) training on Wednesday, December 9th from 9:30 am – 5:00 pm at the Lexington Library. Registered REST trainer, Helena T. Janousek will conduct this exceptional interactive training that equips providers with the skills needed to support caregivers in their communities through respite.

“REST training is targeted for providers that are giving caregivers a break from the demanding, stressful and all-consuming situation of caring for loved one,” explains Janousek. “This course will help providers build relationships, overcome obstacles in communication, practice good health and safety practices, and provide insight to disabilities across the lifespan.

Participants will learn about types of assist and adapted equipment, coping skills, and how to plan for activities that may require adaptations for disabilities. Janousek brings an enthusiastic approach to respite training. “I have seen first-hand the amazing relationships between caregivers and providers. The REST training will help you create a positive environment to handle ordinary and challenging respite situations.”

Registration is due by December 4, 2015. Cost for the REST training is \$25.00 per person. There are several opportunities for scholarships to attend this training. For more information contact Respite Coordinator, Helena T. Janousek at 1-866-RESPITE (1-866-737-7483) or 308-345-4990.

Nebraska Respite Network – Southwest Service Area is located at 404 West 10th Street, McCook – one block north of Arby’s. Respite provider and caregiver information can be found on the web site www.respitesw.ne.gov. You can also follow us on Facebook & Twitter.

The Southwest Service Area of the Nebraska Respite Network includes Arthur, Chase, Dawson, Dundy, Frontier, Furnas, Gosper, Grant, Hayes, Hitchcock, Hooker, Lincoln, Logan, Keith, McPherson, Perkins, Red Willow and Thomas counties.

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