



NEWS RELEASE

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For Immediate Release

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Learn How to Become a Respite Care Provider at Free Training

On Saturday, April 11, 2015, the Nebraska Lifespan Respite Program is sponsoring a free training for individuals interested in becoming Respite Care Providers. “The training will be held at ESU #11 in Holdrege, 412 West 14th Avenue,” explains Helena Janousek, Respite Coordinator for Southwest Nebraska Area, Nebraska Respite Network. “We will start the training at 8:30 a.m. and finish by 5:00 p.m. with lunch provided.”

This free, eight hour training covers a wide variety of topics including:

- handling emergency situations
- disability awareness
- dealing with behaviors
- feeding
- transferring
- hygiene
- confidentiality
- building your relationship with the family and the care recipient
- fun activities to do during respite time

During this unique, interactive and fun training program, you will receive the education and tools needed to be confident and successful in providing respite care to adults and children.

To register for this free training, call 1-800-736-7491 ext. 146. You can also email:
respite@swhealth.ne.gov .

“Those attending will have the opportunity to apply to become a part of the Nebraska Respite Network database of respite providers,” states Janousek. “Providers with the Network are self-employed and negotiate duties, schedules, and wages directly with the families who contact them.”

Family caregivers are also invited to attend. If you are caring for a family member with a disability or special health condition and would like to feel more relaxed and sure of yourself, this training is also for you. The ultimate goal of this course is for participants to learn the three key steps of support: prepare, care & connect.

Respite is growing in awareness but the need for more caregivers and providers to them a break, is a constant. According to the National Family Caregivers Association, in any given year, over 65 million people provide some level of caregiving services. Of today's family caregivers, 40% provide some level of nursing support.

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

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