



NEWS RELEASE

September 6, 2016

For Immediate Release

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

REST Training Scheduled for October 8th in McCook

Nebraska Respite Network (Southwest Service Area) will be offering a REST (Respite Education & Support Tools) training on Saturday, October 8th, 10:00 a.m. to 2:00 p.m. at Southwest Nebraska Public Health Department located at 404 West 10th Street in McCook, one block north of Arby's.

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. Lunch will be provided.

“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. Daycare providers, foster parents, Nebraska Department of Health and Human Services providers, assisted living and nursing home staff would find this training very helpful and may also meet educational requirements.

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,” shares Janousek. “REST training will help you create a positive environment to handle ordinary and challenging respite situations.”

There is no fee for this training. Registration is due by September 30, 2016. For more information contact Respite Coordinator, Helena T. Janousek at 1-866-RESPITE (1-866-737-7483) or 308-345-4990.

Respite providers are key in helping reduce the stress a family caregiver faces each day as they care for a loved one with special needs. Either paid or volunteer, respite providers can help caregivers take care of themselves by getting regular breaks to renew their focus.

Nebraska Respite Network – Southwest Service Area office 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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