



NEBRASKA RESPITE NETWORK
1-866-RESPITE

NEWS RELEASE

March 24, 2016

For Immediate Release

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

REST Training Scheduled for April 25th & 26th in North Platte

Nebraska Respite Network (Southwest Service Area) will be offering a two session REST (Respite Education & Support Tools) training on Monday, April 25th and Tuesday, April 26th from 5:30 – 8:00 pm at the Speak Out office located at 2509 Halligan Drive Suite F in North Platte. Registered REST trainer, Helena T. Janousek will conduct this five hour exceptional interactive training that equips providers with the skills needed to support caregivers in their communities through respite. Dinner will be provided both evenings.

“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. The 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 April 20, 2016, which includes both evenings for a total of five hours of training. 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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