



NEBRASKA RESPITE NETWORK
1-866-RESPITE

NEWS RELEASE

June 20, 2016

For Immediate Release

Contact: Helena T. Janousek, Southwest Service Area Respite Coordinator – 308-345-4990
respitesw@swhealth.ne.gov *“We Care for Those Who Care for Others”*

Providers Needed for Nebraska Respite Network

Do you have the gift of service? Do you want to help families in need? Nebraska Respite Network (Southwest Service Area) is a resource for caregivers to contact when they are in need of respite services and for providers to get connected with families in need of care. Southwest Service Area Respite Coordinator, Helena T. Janousek is encouraging potential providers in her 18-county area to complete an application and review the full-time, part-time and minimal Respite program opportunities.

“Caregivers make a tremendous difference in the lives of our loved ones,” explains Dennis Berry, SWNPHD board member and former Mayor of McCook. “I appreciate the role of caregivers and understand the need for more providers in this area.”

A caregiver is a person who cares for someone who has a long-term or lifelong physical or psychological challenge. Respite can occur in many different ways and places depending on the needs of the caregiver and the person they are caring for. Respite allows the family caregiver an opportunity to have time to do what is needed to take care of themselves, thereby helping relieve stress in the family.

“Nebraska Respite Network is looking for additional caregivers in our communities,” shares Janousek. Respite is growing in awareness but the need for more providers to give caregivers a break, is increasing. 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.

“We Care for Those Who Care for Others” perfectly describes the Nebraska Respite Network’s coordination of respite resources serving individuals across the lifespan. The Southwest Service Area includes Arthur, Chase, Dawson, Dundy, Frontier, Furnas, Gosper, Grant, Hayes, Hitchcock, Hooker, Lincoln, Logan, Keith, McPherson, Perkins, Red Willow and Thomas counties.

For additional information on respite, contact Janousek at 1-866-RESPITE(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.com/respitesw or Twitter@NebraskaRespite .

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