

## **Supporting Caregivers**

The Lifespan Respite Care Northern Network assists “caregivers”—persons in our community who care for a family member with special needs ranging in age from children to the elderly.



Persons who provide voluntary care to others are invaluable to our community. Without caregivers our nation

would need to spend an additional \$306 billion to meet the needs of those who have disabilities, chronic illness, dementia or mental health disorders.

Respite allows families to take a well-deserved break. Our program helps families locate respite care in the community, assists families to obtain other services, and builds a pool of provider resources for respite care.

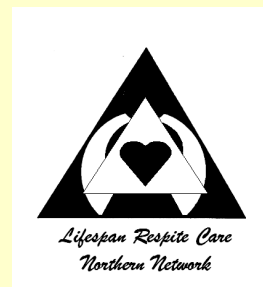


## **Your area contact:**

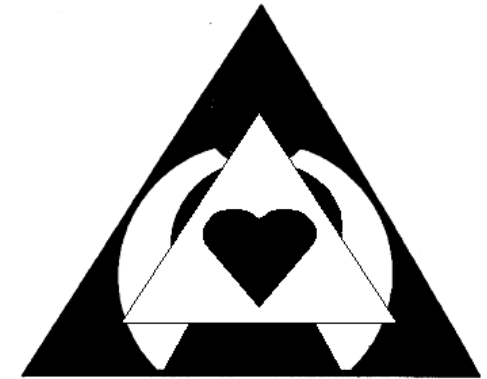
Ashland, Bayfield, Forest, Florence, Langlade, Lincoln, Marathon, Oneida, Portage, Price, Sawyer, Taylor, Vilas, Wood:

Deanna Yost, Karen Rikkola  
715.682.7171 ext. 35  
Toll free—1-888-474-0217

Iron County: Pam Snyder  
715.561.3636 ext. 182



## **Respite Services**



*Lifespan Respite Care  
Northern Network*

**Building Community Capacity  
to Support Caregiving  
since 2000**

**Serving Northern Wisconsin**

New Horizons North  
514 West Main Street  
Ashland, WI 54806  
715.682.7171

## What is respite?

### **“Short Breaks”**

Respite is a “break” from ongoing and long-term caregiving duties and responsibilities. Caregivers temporarily allow another person of their choosing, paid or volunteer, to care for their family member.

### **Self Care is Important**

Respite is a “self-care tool”. Taking breaks from our daily, ongoing responsibilities is not a luxury, but a necessity!

### **The Fortitude of Caregiving**

Caregivers are more likely to benefit from the joys...the gifts...that caregiving can bring when they care for themselves, too!

**Those caring for special needs  
have to care for themselves, too.  
Respite is self-care.**

## What we can offer

- Connections to respite services and other supports
- Connections to funding for respite
- Paid & volunteer provider recruitment, training and matches
- Service Coordination if requested
- Community awareness campaigns
- Family Training
- Tools to self-direct respite care
- Options, access, choice & control
- Knowledge of children, adult & elderly services

## What we can't offer:

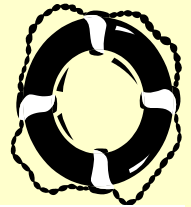
- All the answers
- Long-term, ongoing funding

## Program eligibility

You live in our service area (see map) and request our services.

### **What about funding?**

Our program will assist families to find funding for respite care through connections to long-term care support programs.



*“Respite is a lifesaver”*

Our program also offers available, temporary, one-time funding to caregivers who live in the home of the person for whom they care. A funding application can be requested by calling the contacts on the back of this brochure.