



NEWS RELEASE

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For Immediate Release

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Learn How to Become a Respite Provider at Area Trainings

The Nebraska Lifespan Respite program is providing trainings for individuals interested in becoming Respite Providers on Tuesday, May 19th in Bridgeport and Wednesday, May 20th in Ogallala. “The trainings will be held at Prairie Winds Community Center in Bridgeport and ESU 16 in Ogallala,” explains Helena Janousek, Respite Network Southwest Area Coordinator. “We will start each training at 9:00 a.m. and finish by 5:00 p.m. with lunch provided. Space is limited for each training. The cost is \$75 with scholarships available. May 12th is the registration deadline.”

This 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 the Bridgeport Training online go to:

<http://www.panhandlepartnership.com/training-academy.html> and scroll down to REST Training or call 432-8190 to register. To register for the Ogallala Training call 1-308-345-4990, or 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 Sheri Blome, Respite Network Western Area Coordinator. “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.

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. The Respite Network Western Area office is located at 300 Shelton Street in Chadron. You can reach Sheri at 308-432-8190 or email: specialprojects@wchr.net .

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