

Montana Lifespan Respite (LSR) Coalition

The Montana LSR Coalition is a group of individuals from agencies, state departments and non-profits, caregivers, and others interested in improving the quality of life of family caregivers and those that need support.

Mission Statement

To establish a statewide, coordinated system of easily accessible, quality, and affordable respite care services for Montana's family caregivers of individuals regardless of special needs.



Vision Statement

To provide all family caregivers access to a quality community-based respite care service that is affordable and flexible to meet caregiver's needs.

How can you help?

- ✔ Share your story – tell us how respite makes a difference in your life & why it's important to you.
- ✔ Join our coalition - it's easy. Email your request to kreidelbach@mt.gov
- ✔ Visit our website at www.respite.mt.gov

For more information contact:

DEAP
2200 Box Elder
Miles City, MT 59301
Phone: 406-234-6034
1-800-224-6034
or
for respite assistance
1-800-551-3191
Mon – Fri 8AM to 5PM



This document was supported, in part by grant no. 90LR0300 from the U.S. Administration for Community Living, Dept of Health & Human Services, Washington D.C. 20201. Points of view or opinions do not, necessarily represent official ACL policy. 8000 copies of this public document were published at an estimated cost of \$0.155 per copy for a total cost of \$1240.00 which includes \$1240.00 for printing and \$0.00 for distribution.



*A break for
the family
caregiver*

**It's OK to need it, it's OK to
want it, and it's OK to get it!**



What is Respite Care?

- ➔ Respite is about giving you temporary relief.
- ➔ 50% of people who are caring for a loved one experience stress. Routine activities may feel overwhelming. Respite provides temporary relief to caregivers by providing quality, competent care for the family member being cared for.
- ➔ The benefits of quality respite care are numerous. Respite care positively impacts family caregivers, the family members they care for, and the community where they live.

R

relaxation

Respite providers enable you to have peace of mind while you rejuvenate.

E

enjoyment

Respite allows you and other caregivers time to enjoy favorite pastimes.

S

stability

Respite helps you cope with daily responsibilities and maintain stability.

P

preservation

Respite helps strengthen the family unit.

I

involvement

Respite allows you an opportunity to be a part of community activities.

T

time off

Respite provides you with a break from caregiving responsibilities.

E

enrichment

Respite makes it possible for you to maintain individuality and enrich your life.

www.respite.mt.gov

Visit our website to get your questions answered:

- ➔ How do I manage caregiving with my other responsibilities?
- ➔ How can I get respite?
- ➔ What questions do I ask when hiring a respite caregiver?
- ➔ I live a long distance from my parents. How do I coordinate long distance caregiving?
- ➔ And more...



It's OK to need it, it's OK to want it, and it's OK to get it!