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

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!

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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.

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...

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