

"We Care for Those Who Care"

Serving, Arthur, Chase, Dawson, Dundy, Frontier, Furnas, Grant, Gosper, Hayes, Hitchcock, Hooker, Keith, Lincoln, Logan, McPherson, Perkins, Red Willow and Thomas Counties.



Winter 2012

PROVIDER/CAREGIVER NEWSLETTER

Respite Mini-Grants are available!

Respite Mini-Grants are available for the development of new or enhancing existing Respite Programs to increase the availability of Respite Services to families across the Lifespan in our 18 counties. Grant awards are based on need. Grants are available from \$100 to \$5,000 to any organization, group or agency that is willing to start a new respite program, or expand an existing program or slots.

The Respite Program may target one or all of the following age groups: Children, Adults or Elderly. Mini-Grant recipients will sign an agreement to guarantee they will provide their respite program/slot for a one year period. Mini-Grant funds can not be used for staff wages or administrative costs, or for modifications to rental property. Examples: (but not limited to): Daycares may need adaptive toys or equipment to care for a child with special needs, wheel chair ramps or other accessibility concerns. Community Organizations could offer Respite Days, Caregiver Day Out, or Respite Services for families to attend support groups or trainings. An application must be submitted detailing the program and costs. This application form may be found on our website or request one by e-mail or phone call.



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U p c o m i n g E v e n t s

- ⇒ Love & Logic
February 2, 9 & 16, 2012
6:30-8:30 PM MST
Rainbow Promise Preschool, 420 Holland St. Imperial, NE
- ⇒ "More Tools for Your Managing Behavior Toolbox"
February 18, 2012
9:00 AM -12:00 PM
Educational Service Unit 10, 76 Plaza Boulevard, Kearney NE
- ⇒ ABCs of Child Care (Early Childhood Conference)
February 25, 2012
8:00 AM -4:00 PM
Phelps County Ag Center (Fairgrounds) 1308 Second Street, Holdrege NE
- ⇒ ALZ Fun Night
March 13
4:30-6:30 PM
SW Nebraska Public Health Department, 404 West 10th, McCook NE
- ⇒ Parents Encouraging Parents (PEP)
March 17-19
Grand Island, NE
- ⇒ Nebraska Brain Injury Conference
March 29-30, 2012
12:00-5:15, 6:00-9:00 & 7:30-4:30
Younes Conference Center, 416 Talmadge Rd, Kearney, NE
- ⇒ 2012 Autism Spectrum Disorder Conference
April 12-13, 2012
8:00-4:00 & 8:30-3:30
Cornhusker Marriott, 333 South 13th, Lincoln NE



Caregiver Corner

Caregiver Stress - Caregiver Support

Research has indicated that caregiver support is an effective way to reduce caregiver stress and the risk of burnout. It is important to take care of yourself as well. Asking family and friends for help can be a challenge to do. While it is difficult, asking for help does not mean failure. If help is available, it is extremely beneficial to the caregiver. It gives the caregiver someone to share their experiences with and may bring people closer together.

Tips for asking family members or friends for help!!!

- Sit down with them in person or find a quiet time to speak on the phone.
- Review the list of the care receivers needs.
- Specifically discuss the areas in which you feel they could help.
- Inquire about whether they would like to help out in a particular area.
- Clearly explain the tasks and what they could do to help.
- Make sure they understand exactly what would be helpful to you and the care receiver.

Build a WHO Support Network.

Who can be relied on for specific tasks and assistance.

Who you can share your feelings with.

Who can help with transportation.

Who can stay with your loved one for a while.

With **whom** you can go out with and have a good time.

Who can you go to when you need professional help.

Taking Care of Your Respite Provider

Respite care providers are not highly paid nor do they receive benefits. The work they perform is done for a chance to work with people in special circumstances.

Please communicate to the respite provider your satisfaction with his/her work. Let them know how valuable their service is to you and your family. Continue to define their duties and responsibilities and let them know what you expect from them and what support they can expect from you. When giving praise, always be sincere and don't say something you don't really mean. Describe the situation or event that you like, say that you appreciated it or say, "Thank you".

Don't let the small irritations build up. When it is necessary to point out any displeasure with something the respite provider has done, its important to criticize the action, not the individual. Use criticism as a tool for sharing information with your res-

pite provider. The whole idea is to help him/her know how to serve you better. Describe the situation or event you disliked and tell them what would make things better the next time. Be sure to talk about one issue a time (another reason for dealing with problems as they occur). Don't bring up past mistakes, but instead only talk about the present situation. Stay to the point you wish to make and be brief.

Keep your working relationship private. Do not discuss your respite provider with others. When the relationship is not working out, it may be time to terminate your working agreement. Remember to do it appropriately. It is illegal to withhold payment of wages, no matter how dissatisfied you are with your respite provider's work. Simply give notice and terminate the agreement.

Good communication between the two of you is the key to a good and lasting relationship. Finding a good respite provider that will stay with you and your family is invaluable.

Caring Heart Award

Barb Cruz is the recipient of the Caring Heart Award for the second quarter. Barb has been a provider for the Nebraska Respite Network for a year. She is willing to work with any family to provide them with the needed break. Barb is a great contribution to the Nebraska Respite team and we are glad to have her. Barb received a bag of goodies, a t-shirt and gift certificate to a restaurant of her choice.



Next time, it could be you! The Southwest Service Area is now accepting nominations. Please e-mail respitesw@swhealthdept.com or mail Nebraska Respite Network PO Box 1235 McCook, NE 69001 or call 1.866.RESPITE/308-345-4990.

Please include name, address, contact information for caregiver and person making nomination, along with a brief explanation of how this person exhibits a "Caring Heart" in their community or to their family.

Nomination will be accepted until March 16, 2011.

Award Recipients will be announced in the Spring Newsletter.



Notes from the Respite Coordinator's Desk

Hello Everyone! The holidays are over and I hope you all had a stress free and happy holiday.

I have been very busy attending partnership meetings and performing presentations to Rotary Clubs, Senior Centers, Nursing Homes and Organizations. I enjoy developing relationships with all the partners and the opportunity to learn more about each program.

If you know of any meetings in your community that needs a presenter call The Nebraska Respite Network at 1-866-RESPITE or e-mail me at respite@swhealthdept.com.

The Nebraska Respite Network is planning their Caregiver Retreat in Ogallala. These are relaxing fun filled days and I would love to see you all there to enjoy the day. We have scholarships available if you need any assistance.

I would like to take this opportunity to announce the ALZ Night Out. It will be held March 13th from 4:30-6:30 PM at Southwest Nebraska Public Health Department located at 404 West 10th, McCook NE (one block north of Arby's). Event highlights are chair massage's, dinner and education.



Helena T. Janousek

Crossword

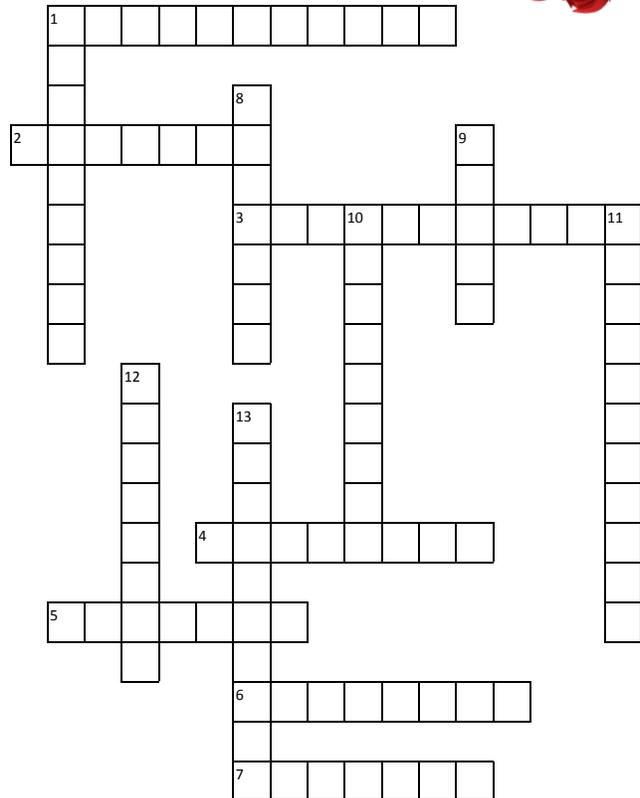


Across

1. Person responsible for the coordination of respite resources within a multiple-county area.
2. A temporary short term break for Caregivers.
3. The first weekend of every month.
4. Period of time that SW service area covers.
5. Coordination of statewide system that coordinates respite resources through six offices.
6. The Good-Life State
7. Funding for caregivers to purchase respite service thru the network.

Down

1. A family member residing with and providing ongoing care for an individual unable to care for themselves.
8. Fun filled days of presentations, chair massages & vendors.
9. To stop what you are doing for a short period of time.
10. Individuals or agencies that provides temporary relief for a caregiver.
11. Financial aid awarded to a Caregiver to attend trainings and/or conferences.
12. The act or an instance of submitting a name for candidacy.
13. Funding source of a development of new or the enhancement of existing respite program.



Across - 1. Coordinator 2. Respite 3. Respite Days 4. Lifespan 5. Network 6. Nebraska 7. Subsidy Down - 1. Caregivers 8. Retreat 9. Providers 10. Scholarship 11. Nominate 12. Mini Grants



Helena T. Janousek
Respite Coordinator
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Save the date...

Caregiver Retreat

Wednesday & Thursday,
April 25 & 26, 2012

Ogallala, NE

A Time for You



Registration deadline: March 30, 2012

For event information and registration, call:

Central Nebraska Community Services at (308)745-0780 ext. 145

For room reservation call:

Quality Inn at (308) 284-3623

If you would like to attend call us at (308) 345-4990 and we can assist with funding.

