

For More Information

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Alabama Department of  
REHABILITATION SERVICES

 Alabama Department of Senior Services

 ADMINISTRATION ON AGING

Alabama Respite is a Program of UCP of Huntsville  
and Tennessee Valley, Inc.

6/21/10

# RESPITE



**Making**

**Respite Resources**

**readily available and**

**easily accessible for all**

**caregivers in Alabama**

## **What is Respite?**

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Respite is temporary relief for family caregivers who are caring for individuals of any age who have disabilities, chronic or terminal illnesses.

## **Why is Respite important?**

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An estimated 570,000 Alabamians are caring for a loved one at home. Although caregiving is rewarding, it can be stressful – mentally, physically, emotionally and financially. Caregivers need and deserve a break from their day to day caregiving duties.

## **How is Respite provided?**

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Respite can be provided in a variety of settings:

- the family's home
- a relative's home
- a community setting
- a day care center
- faith-based respite programs

## **What are the benefits of Respite?**

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- reduced stress on family unit
- improved family functioning
- increased time with spouse or other family members
- freedom for family members to participate in community activities

## **About Alabama Respite**

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Alabama Respite is a statewide resource and referral program with a mission to increase the availability of and accessibility to high-quality respite care services across the lifespan.

## **Our Services**

Alabama Respite provides a variety of support services for caregivers and service providers.

## **Assistance in finding respite**

We can help find respite services in your area of the state:

- Visit our website  
[www.alabamarespite.org](http://www.alabamarespite.org)
- Call us  
Central and South Alabama  
256-237-3683  
North Alabama  
256-859-4900
- Call us toll free 866 737 8252

## **Primary Goal:**

Maintain a database of known respite programs and facilitate expansion of respite resources that can enhance the quality of life and long-term stability of Alabama family caregivers

## **Other Activities:**

- Identifying respite resources
- Creating new options for respite services
- Assessing gaps and barriers to respite care
- Advocating for increased funding for respite
- Developing community respite initiatives
- Managing voucher respite programs
- Supporting a statewide respite coalition
- Providing public awareness through an array of media outlets
- Educating state agency staff, caregiver groups, for profit and non-profit organizations, and policymakers about the need for and benefits of respite

## **JOIN US!**

**BECOME INVOLVED IN TELLING OTHERS ABOUT THE NEEDS OF CAREGIVERS AND HOW RESPITE HELPS.**