



NEED A BREAK FROM CAREGIVING?

Lifespan Respite Services

Quick Access to Help in **Rural Idaho** for Unpaid Caregivers

What is Respite?

- A short period of rest or relief for unpaid, in-home caregivers.

How Does Respite Help?

- Many families find great joy in providing care to their loved ones, however the physical, emotional and financial consequences to unpaid, live-in caregivers can be overwhelming. Lifespan Respite helps eligible caregivers take regular breaks from ongoing care for rest and rejuvenation.
- Respite can play a critical role in strengthening family stability and maintaining the health of the caregiver, as well as the caregiver/care recipient relationship.

Why Lifespan Respite?

- **It's easy! It's fast! It's flexible!**
- **As the caregiver - you hire who you want, when you want and get reimbursed!***
- **Unlike traditional respite programs, you can hire a family member, friend, etc!**

Who's Eligible?

- Unpaid, in-home caregivers over the age of 18.
- Idaho residency and additional eligibility criteria apply.



APPLICATIONS TAKEN BY PHONE

*Call the Area Agency on Aging
of North Idaho Today!*

208-667-3179

****Must be an unpaid, in-home caregiver living in a rural location in Northern Idaho***

****Reimbursement limits apply***