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