



News Release

For Immediate Release

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Contact: Paula Wimer, Respite Coordinator at respite@swhealth.ne.gov or 308-345-4990

Respite Event for Family Caregivers

Southwest Nebraska Public Health Department (SWNPHD) and the Nebraska Respite Network invite family caregivers to enjoy a break at the Henry Doorly Zoo in Omaha on June 1st.

“Are you a family caregiver in need of a break? Learn about respite!” said Paula Wimer, Respite Coordinator for the Southwest Service Area of the Nebraska Respite Network. “Caring for a loved one with a disability or a chronic medical condition can take a toll, both emotionally and financially. Respite care allows you to take time for yourself so you can be a better family caregiver.”

Family caregivers are often referred to as the backbone of America’s long-term care system. Respite care - planned or emergency - is the provision of short-term, temporary relief to those who are caring for family members with special needs. Respite also provides a positive experience for the person receiving care.

Even though many families take great joy in providing care to their loved ones so that they can remain at home, the physical, emotional, and financial consequences for the family caregiver can be overwhelming. Sometimes caregivers are so busy caring for others that they ignore their own needs.

“It’s okay to take an occasional break from caregiving!” encouraged Wimer. “Taking care of yourself is one of the best ways to help your loved one.”

The Southwest Service Area is partnering with other regions in the state to sponsor an event for families to take a break and learn more about respite. The Respite Zoo Picnic will be held at Omaha’s Henry Doorly Zoo on Saturday, June 1st from 3:00 pm to 6:00 pm. There will be free admission, an animal encounter in a private pavilion, dinner, and rides. Families interested in participating can call (402) 552-2566. There is limited space so please RSVP by May 15th.

Nebraska Lifespan Respite Network is a program that supplies funding and referrals for respite services. When a family caregiver needs a break, a respite provider will supply care for their loved one(s). If you are caring for a loved one and would like to learn more about respite services, contact Paula at 308-345-4990 or visit respite.ne.gov. The Lifespan Respite Network Southwest Service Area serves Arthur, Chase, Dawson, Dundy, Frontier, Furnas, Gosper, Grant, Hayes, Hitchcock, Hooker, Keith, Lincoln, Logan, McPherson, Perkins, Red Willow, and Thomas counties.

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