



TENNESSEE RESPITE COALITION

So, what exactly is respite?

Respite (RESS' – pit) is **temporary relief** for caregivers and families. It is a service in which **care** is provided to individuals who have disabilities and other special needs conditions so that **the caregiver can take a break**.

The Tennessee Respite Coalition's mission is to enhance the quality of life for family caregivers through respite. Caregivers are those who take care of spouses, parents, children, siblings, or other loved ones facing a wide array of special needs.

State Respite Helpline

Toll-free information line families can call to learn more about the TRC, access our programs, and to get more information about respite resources around the state.

Toll-free:
1-888-579-3754

Direct line:
615-269-8687

Tips for Family Caregivers

- ❖ **Ask for and Accept Help** – Friends, family, and neighbors can be there to support you. All you need to do is ask and give them specific tasks that will truly help you.
- ❖ **Plan Your Respite** – Keep a list of things you would do if you had some free time. When you do get a break, refer to that list to be sure you get the type of break you deserve.
- ❖ **Seek Peer Support** – Explore online and in-person caregiver resources and support groups. You can share your experiences and learn from those of other caregivers.
- ❖ **Be Creative** – Respite does not always mean a professional coming into the home to care for your loved one. Your respite can be when your child attends camp, when your spouse takes your mother to a doctor's appointment, or when a neighbor drops by for a visit.

“Stress becomes greater when you do not have times of respite.” – A.K. Caregiver in Sumner County

“Respite helps me to get a little needed rest for myself.” – M.M. Caregiver in Davidson County

“Before receiving respite, I rarely took time out for myself, and I realize that having time away is beneficial to everyone in the house.” – T.G. Caregiver in Shelby County

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