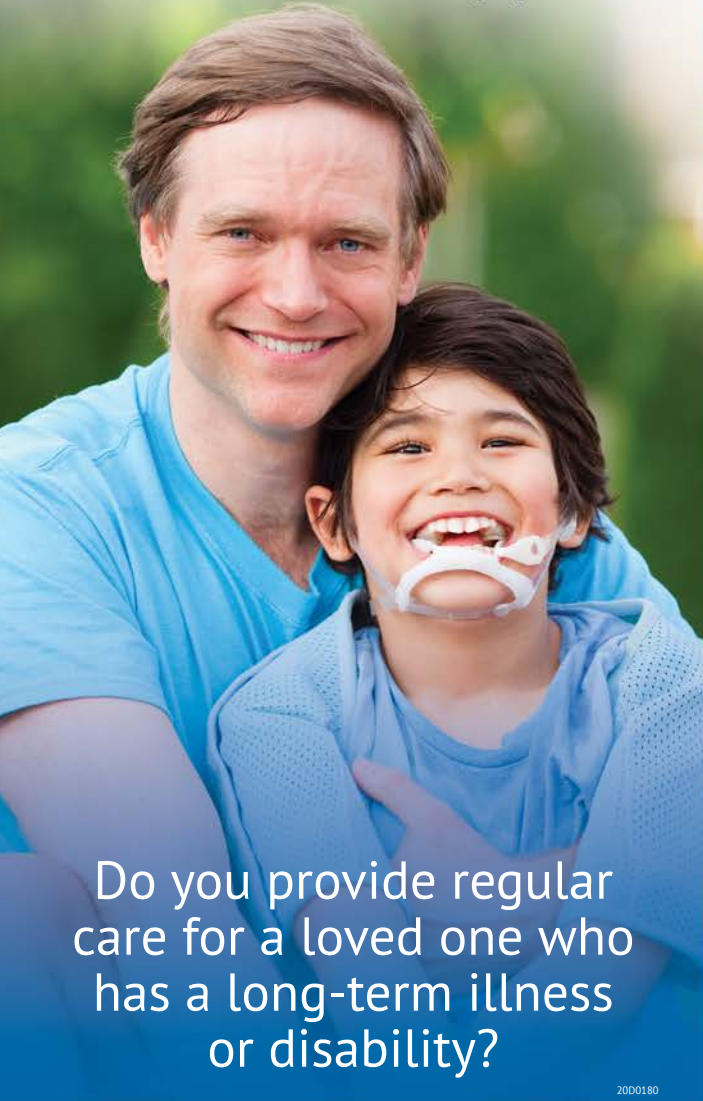


# Caregiver Support



Do you provide regular care for a loved one who has a long-term illness or disability?

20D0180

*We can help.*

855-YES-ADRC  
TAKETIMETEXAS.ORG



## CARING FOR YOURSELF

is one of the most important things you can do as a caregiver.



**Respite** is a break for someone like you who is caring for a child or adult with a chronic health condition or a disability.

**Respite** provides you the chance to run errands, nap, see friends or spend time with other family members. Respite also gives your loved one a chance to spend time with other people.



“He benefits because he has a happy mom. It’s healthy for me, and it’s healthy for him.”

– Rosalba, mother of a child with disabilities

## WHEN YOUR NEEDS ARE TAKEN CARE OF

you can take better care of your loved one.



**Respite** services may be used frequently or infrequently, such as for emergencies, vacations, one day per week or month, weekends or as needed.

**Respite** care can be provided at home or in a care setting. Services are available in a variety of places:

- Your own home
- A place of worship or community center
- Day care or other child care facility



Visit [TAKETIMETEXAS.ORG](https://www.taketimetexas.org) to learn more, or call 855-YES-ADRC (855-937-2372).