

She's always known you as Carla



We know you as “Caregiver”

A Caregiver is a person who provides care and support to someone without financial compensation. If you help an older family member with daily activities such as cleaning, personal care, shopping trips, and doctor's appointments, or if you are a parent caring for a minor with a disability, consider yourself a Caregiver. ***But who cares for those who care?***

You are there for them. We are here for you.

Get the support you deserve as a caregiver.

As a Caregiver, there are many resources and services available to you. The Lifespan Respite Care Program offers assistance with:

- Peer support and advocacy for caregivers
- Short-term respite care by a medical professional to give you a break
- Access to home and community-based care
- Planning for the care of a loved one with a diagnosis of Alzheimer's or dementia
- Access to public assistance programs such as Medicare and Medicaid, SNAP, Heating and Utility Assistance
- Connecting with other valuable resources in the community

Did you know that self-care is incredibly important when caring for someone else?

Caregivers take on responsibility for caring for a family member or friend while navigating other daily responsibilities. And as Caregivers, it's important to not only focus on the health and well-being of your loved one, but also on yourself. Our goal is to support Caregivers and parents, empowering them to care for their mental and physical health.

Interested?

To learn about respite care, watch the [CareBreaksRI Video](#) or call **Catholic Social Services: (401) 421-7833**



For free and confidential assistance, the [Point](#) can help identify your needs and explore resources and services: **Rhode Island's Aging & Disability Resource Center - The Point (401) 462-4444**



Join the [Family Caregiver Alliance's](#) advocacy and peer support activities for fellow caregivers: **(401) 444-0600**



The Lifespan Respite Care Program is a partnership of:



This initiative is in accordance with Title VII of the Civil Rights act to combat discrimination based on race, color, religion, sex and national origin and with Executive Order 13988 which expands protections to prevent and combat discrimination on the basis of gender identity and sexual orientation.

This RI Lifespan Respite Project is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award to the RI Office of Healthy Aging totaling \$531,293.57 with 75 percentage funded by ACL/HHS federal funding of \$398,481.90 and 25 percentage funded by non-federal sources. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS, or the U.S. Government.