



CareBreaks...
**Supporting family
caregivers in what you do
best!**

As many as 217, 000 Rhode Islanders will find themselves caregivers
of a family member or friend this year.

Perhaps you have a child with special needs, a spouse who is a disabled veteran,
or an elderly spouse needing daily assistance to remain at home.

You are a caregiver and care giving is hard work.
Maybe you need a break.

CareBreaks can help family caregivers arrange for, and perhaps help pay for, a break. A break
for a caregiver may include bringing a volunteer or paid worker into the home, arranging for
your loved one to attend a safe day program, or even placing your loved one in an overnight
facility for a short period of time.

To qualify for *CareBreaks* you must be

- ✓ A Rhode Island resident
 - ✓ Caring for a disabled adult or child who cannot be safely left alone
 - ✓ Not eligible for (or have used your allocation) for respite care from any other state/federal program
- Paid respite care is provided on a cost share basis that is usually determined by the care recipient's income.



Call 401 421-7833 Monday-Friday 8:30 am to 4:30 pm and ask for the *CareBreaks* Program



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