



If you are interested in Respite Care Services or becoming a Respite Provider, please contact Lutheran Family Services of Nebraska.

Lutheran Family Services of Nebraska's Mission

Lutheran Family Services expresses God's love for all people by providing quality human care services that build and strengthen individual, family, and community life.

 **Lutheran Family Services**
of Nebraska, Inc.

Respite Care service location

Children Services Center
124 South 24th Street, Suite 200
Omaha, NE 68102
(402) 661-7100
www.lfsneb.org

Partial funding provided by the Nebraska Department of Public Institutions & the Region VI Governing Board.



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Lutheran Services in
America Member

Respite Care



Children Services

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About Respite Care

Approximately 5% to 9% of all U.S. children and youth have a serious emotional disturbance. 1 in 10 has a mental illness severe enough to cause impairment. 1 in 5 receive services while 80% who need services don't get it.

Emotional, behavioral and mental disorders cut across all income, education, and racial, ethnic and religious groups. They are found among single parent and two parent families.

A wide range of services are essential to address the needs of these children and families. In most states and communities many services are not available. One of the most valuable and essential services for families is professional respite care. Respite allows parents time away from their physical and emotional parenting responsibilities; without the worry, guilt or fear of being away from their child who has emotional and behavioral problems. Respite provides parents a break to relax and re-energize and allow time to participate in community activities.

Lutheran Family Services Respite Care Program offers professionally trained providers to supervise children and youth under age 19 who have emotional and behavioral problems as a result of mental illness, as well as their siblings.

- **In-Home Respite Care** - a Respite Provider comes to the home and supervises the children
- **Community Respite Care** - the child and a Respite Provider participate in recreational activities in community locations, such as local parks, the YMCA, or the Henry Doorly Zoo.



Providers

Each family is matched with a specific Respite Provider. The family interviews the Provider to approve the Provider and train them about the family's individual needs.

All Respite Providers are cleared through the Nebraska State Patrol, Adult/Child Abuse Central Registry, Sex Offender Registry and Department of Motor Vehicles. All receive training in parenting techniques and behavior management, and are certified in First Aid/CPR.

Providers typically have at least two years experience with children or two years of college in the human services field. Providers also receive ongoing supervision and training.

Fees

Respite Care services are offered on a sliding fee scale based upon the client's ability to pay.