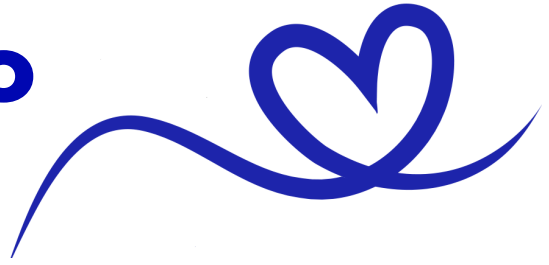


# Colorado Respite Coalition



## Respite for you = better care for your loved one

The Colorado Respite Coalition (CRC) is an allied network of families and community partners working to strengthen and support family caregivers of individuals with special health care needs. The CRC strives to expand respite services in Colorado for all ages, across the disability spectrum.

### TRAINING & EDUCATION

Search training and educational programs on our online database

### RESPITE VOUCHERS

Financial resource for family caregivers with limited access to respite

### RESPITE LOCATOR

Find local respite providers or register an agency online

### COMMUNITY GRANTS

Expand respite programming and services with grant funds

[www.coloradospitecoalition.org](http://www.coloradospitecoalition.org) | 303-233-1666

# WHAT IS RESPITE?



**Respite care** is a temporary break from the constant demands of caring for an individual of any age with special needs. Respite benefits the entire family unit, strengthens family relations, and improves the quality of care provided.

**Relaxation:** Provide peace of mind

**Enjoyment:** Pursue new activities

**Stability:** Manage stress levels

**Preservation:** Maintain family unit

**Involvement:** Engage in community

**Time Off:** Relief of constant care

**Enrichment:** Grow personal identity

"Asking for help is a sign of strength."

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