

Family Care Enhancement Project & Lifespan Respite

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**University of Nebraska
Medical Center**

MUNROE-MEYER INSTITUTE

Nebraska Lifespan Respite Network

We care for those who care for others.



Respite is a short-term break for those caring for someone with a disability, health condition, and/or aged.

Nebraska
 **Family
Caregiver
Support**
LIFESPAN RESPITE
NETWORK

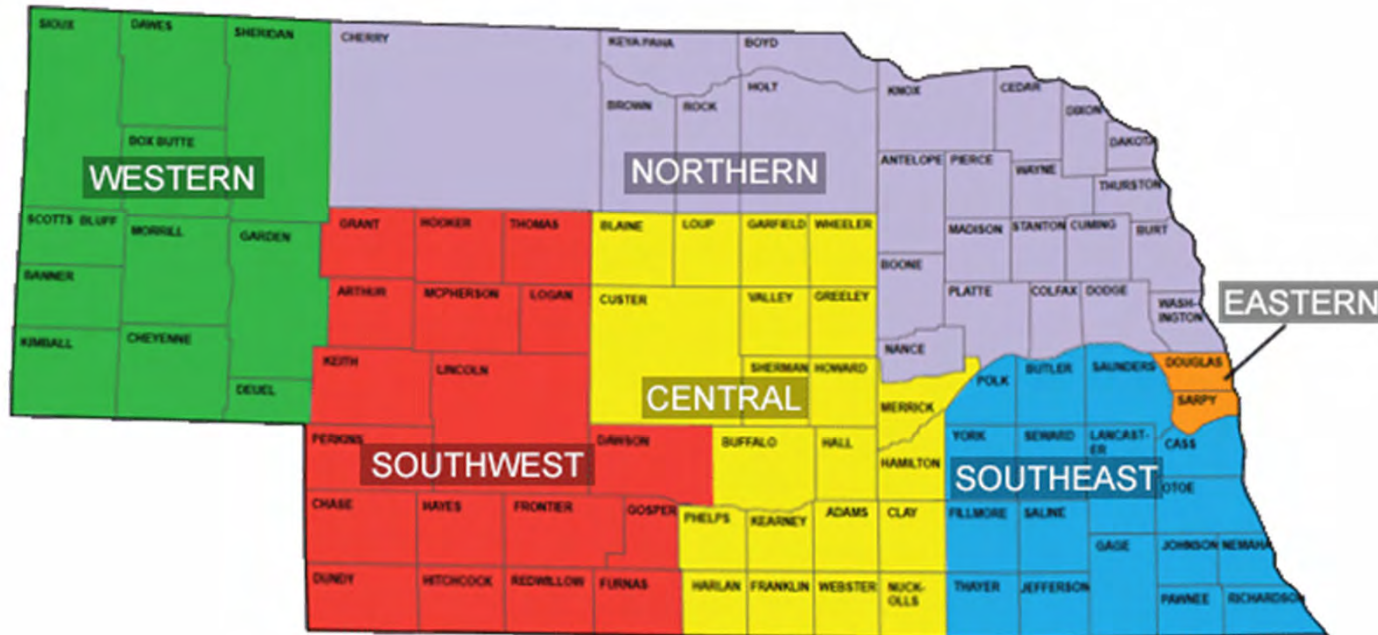
NEBRASKA

Good Life. Great Mission.

DEPT. OF HEALTH AND HUMAN SERVICES

Helping People Live Better Lives.

The Nebraska Lifespan Respite Network



What is the Respite Network?

We are a network of Respite Coordinators and providers that:

- Are trained
- Have had background checks
- Are independent contractors hired by families
- Can be paid by our subsidy



How Can Respite Be Used?

Respite time can be used to do anything that will help you feel rested and restored:

- Go shopping
- Visit a doctor
- Have lunch with a friend
- Enjoy a hobby
- Go for a walk
- Get your hair done
- Take a nap



Questions?

**1-866-RESPITE
1-866-737-7483**

respite.ne.gov

Family Care Enhancement Project



The Family Care Enhancement Project (FCEP) at the University of Nebraska Medical Center's, Munroe-Meyer Institute places Parent Resource Coordinators (PRCs) from diverse backgrounds in medical clinics and community organizations across the state to support families who have children with disabilities and complex medical needs by providing resources, education, and hope.



Who are Parent Resource Coordinators?

PRCs are parents or family members of children with complex health care needs or disabilities. They have specialized training and share lived experience with the families they support. They act as Community Health Workers, linking families to the services and supports they need.



Locations

| City | Organization |
|--------------------|--|
| Lincoln | <ul style="list-style-type: none">• CHI Health• Children's Complete Health• Bluestem Health• Lincoln/Lancaster Public Health Department |
| Kearney | <ul style="list-style-type: none">• Children's Physicians |
| Omaha | <ul style="list-style-type: none">• One World• Boys Town Pediatrics• Charles Drew• Munroe-Meyer Institute• CHI Health |
| Scottsbluff/Gering | <ul style="list-style-type: none">• Independence Rising• Western Behavioral Health |
| Norfolk | <ul style="list-style-type: none">• Midtown Health Clinic |



PRCs connect families to:

- **Early Intervention Services:** Referrals to and coordination with the Early Development Network and other early childhood services
- **Healthcare Coverage:** Nebraska Medicaid, CHIP (Children's Health Insurance Program), Medicaid Waiver programs, and other programs
- **Parent Education:** Support groups, webinars, and trainings
- **Program Eligibility:** WIC (nutritional program for Women, Infants and Children), childcare, respite and other social services
- **Lifespan Resources:** Recreational/social events and activities, transition/post transition information, and community supports



Contact MMI-FCEP

For more information about the Family Care Enhancement Project or how to reach a Parent Resource Coordinator;

Please contact us at:

402-559-5735 or mmifcep@unmc.edu

The Family Care Enhancement Project is supported by the Early Development Network, Medically Handicapped Children's Program, collaborating clinics and the University Center for Excellence in Developmental Disabilities (UCEDD) at the Munroe-Meyer Institute.





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