

# Caregivers need a break & we have scholarships!



Every caregiver needs a break! Respite is vital in protecting the health and well-being of both caregiver and care recipient. When is the last time you went shopping without being in a hurry, walked the dog, -- read a book or took a nap without interruption?



The State of Arizona recognizes the benefits of respite and wants family caregivers to take a much-needed break. Caregivers may be eligible for \$300 worth of prepaid respite services every 90 days at state-licensed adult day health centers throughout Arizona.

## QUALIFICATIONS:

- Caregiver must reside full-time with the care recipient.
- Caregiver and/or care recipient cannot be receiving any other federally-funded respite services.

Contact the Arizona Caregiver Coalition to learn how you can apply for the Adult Day Health Center Respite Program. It truly will make a difference in your life.

 888-737-7494

 [www.AZCaregiver.org](http://www.AZCaregiver.org)





Licensed by the Arizona Department of Health Services, Adult Day Health Centers (ADHCs) have been around for about 30 years. The program provides a place where a care recipient can be nurtured, stimulated, and provided medical care. Typically offered Monday through Friday from morning to evening, ADHCs provide valuable services beyond that of a senior center.

## SERVICES OFFERED AT ADHCS:

- Therapeutic Activities
- Personal Assistance
- Meals
- Social Services
- Health-related Services
- Medication Management
- Personal Care Services
- Caregiver Support Groups
- Rehabilitation Therapy
- Transportation

ADHCs help care recipients improve in health and activity level and provide **much-needed respite for the caregiver.**

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