



CAREGIVERS NEED CARE TOO.

Explore North Carolina's Lifespan Respite Program

Respite, or a temporary break, is a key component in **protecting the health and well-being of the family caregiver** and their care recipient. The Lifespan Respite Program offers **\$500 reimbursement-based vouchers** that will pay for your loved one's care while you take care of yourself.

Lifespan Respite is **flexible** and centered around what will **meet your needs**. You may hire a professional provider or a familiar individual to care for your loved one while you take a break for yourself, away from your day-to-day caregiving responsibilities.

CONTACT US:

Lola Benfield,
Caregiver Program Coordinator
828-264-3592 | lifespan@hccog.org
www.highcountryaging.org



Lifespan Respite vouchers are funded through a grant to the NC Department of Health and Human Services from the U.S Administration for Community Living, and administered by the High Country Area Agency on Aging.

NORTH CAROLINA LIFESPAN RESPITE PROGRAM



WHO IS ELIGIBLE?

- You, the caregiver, must be at least 18 years old and a North Carolina resident.
- You must be providing unpaid care to some one of any age with special needs.
- You and your care recipient cannot be receiving other publicly-funded in-home care, day care, or respite care.

HOW DO I APPLY?

- Your application must be submitted by a referring agency. Referring agencies* are providers who know about local resources and can work with you to submit an application.
- Referring agencies submit an application online at www.highcountryaging.org/services/lifespan-respite-project.



*Referring agencies include doctors' offices, departments of social services, school administrators or guidance counselors, senior centers, area agencies on aging, etc.

CONTACT US:

Lola Benfield,
Caregiver Program Coordinator
828-264-3592 | lifespan@hccog.org



To learn more, visit us at
www.highcountryaging.org