

Join us!

A Respite Clinic

Are you a family caregiver providing around the clock care to a loved one with a special need, disability, chronic, terminal, or mental illness? If you answered yes, you don't want to miss this!

As a caregiver we are aware that if we don't take care of ourselves first, we won't be able to provide quality care to our loved ones. How do you do that? Respite!

Respite is a temporary break for the family caregiver. Respite helps decrease levels of stress and burnout, prevents abuse and neglect, and improves our mental, physical, and emotional well-being.

Does respite sound like the solution for you?

Please join us at our respite clinic to learn more about Alabama Lifespan Respite, and how we can assist you in your caregiving journey.

Must Have:

- ⇒ Proof of loved one's Diagnosis: doctor's note, Individualized Education Plan, State Agency/Social Worker Verification on letter-head
- ⇒ Date of Birth
- ⇒ Caregivers Contact Information

RSVP:

- ⇒ No later than September 28th
- ⇒ Call 256-859-4900
- ⇒ E-mail bhuey@ucphuntsville.org

When:

- ⇒ October 3, 2018
- ⇒ 9-11 a.m.

Where:

- ⇒ 2207 Gateway Drive-Opelika, AL 36801

