



# FACTS AT A GLANCE

DELIVERING EDUCATION AND SUPPORT TO THOSE OFFERING A BREAK TO CAREGIVERS

**There are 67 million family caregivers across the nation.  
What can we do to help?**

## OPPORTUNITY TO HELP UNLIMITED FAMILIES

- Launched in February 2013
- Trainers in **29 States and Canada** to date
  - **565 REST Trainers**
  - **6,850 REST Companions**
- Networking with more than **9,000 individuals and organizations** to mobilize REST across the country
- **Originally** written training program with **data-driven evidence** to support the effectiveness of our program
- Training materials available in **English and Spanish**
- Core Competencies align with the **National Respite Guidelines** as developed by ARCH
- Training is **customizable** to an organization's specific needs and goals
- 2-day training program for **Trainers**
- **8-hour, 4-hour & On-line** training programs available for **REST Companions**
- Approved by Continuing Education Institute of IL for up to **13.5 CE hours**

## Our Vision:

*Creating an international network of organizations that prepares individuals to support caregivers through respite.*



**REST** is a train-the-trainer course that prepares individuals to conduct respite training, equipping REST Companions™ to provide respite, in order to support caregivers who are caring for people with disabilities and health care needs across the lifespan.

**REST Trainers** can lead REST Companion™ Training Programs within:

- Churches
- Corporations
- Hospice & Palliative Care Organizations
- Hospitals
- Schools, Colleges & Universities
- Social Services Organizations
- State Agencies
- Veteran Organizations

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