

## **LifeCourse Tools**

Using LifeCourse Tools, NYSCRC can facilitate trainings for organizations interested in using the tools to guide caregivers. This training covers information on the importance of respite for the well-being of the family caregiver and all family members; tools for thinking about and planning respite and additional resources for finding respite in the community

Missouri Family to Family, which is housed within Missouri's University Center for Excellence in Developmental Disabilities Education, Research and Services (UCEDD) at the University of Missouri–Kansas City Institute for Human Development, in collaboration with the ARCH National Respite Network and Resource Center, developed Charting the LifeCourse Respite materials. The materials include a Respite guide book, portfolio and other tools meant to help family caregivers caring for anyone of any age or disability and those who support them create a plan to access respite services within and outside the formal services system.