



**There is help available through Lifespan Respite Washington:**

- Offers vouchers for unpaid caregivers to take a much-needed breaks from the demands of caregiving.
- Provides vouchers for up to \$1,000 to pay for respite services with contracted agencies.
- Can assist you through the application process and answer your questions.

**Qualifications**

- An unpaid caregiver
- Provide 40 or more hours a week of care/support
- Caregiver or the person cared for is not enrolled in a respite or Medicaid personal care program
- Live in Washington State

**What to Expect**

1. Complete an Application
2. Receive approval
3. Choose a qualified respite provider
4. Complete a Family Caregiver Agreement form if applicable
5. Receive Authorization from Lifespan Respite WA
6. Take the respite break

**Types of Respite Care**

- In-home respite (e.g., home care agency)
- Center-based day respite (e.g., adult day services)
- Community access respite (individual or group activities)
- Out of home respite care (camps)

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

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