

Lifespan Respite WA: Information, Support & Help for Unpaid Family Caregivers

What is respite? -Respite is “short breaks” for family caregivers.

What is a family caregiver? In our program, a family caregiver is someone who cares for a person of any age who has a condition or disability that requires help and care. Family caregivers can be parents, children, other relatives, guardians or foster parents, neighbors and friends.



Respite takes many forms. Examples of respite services include in-home services, recreation, day & overnight camps, out-of-home day services, retreats, 24-hour care, therapeutic programs, classes, and similar options.



Lifespan Respite WA offers grants (“vouchers”) for unpaid family caregivers. Vouchers are used with any of the many agencies and programs registered with us as respite providers. To learn more about the voucher program go to:

<https://www.lifespanrespitewa.org/voucher-program/>

Lifespan Respite WA also helps with resources and information related to caregiving for:

Children & Youth and Adults & Elders

Military and Veteran families, caregivers of people with conditions such as Traumatic Brain Injury or paralysis, dementia, and children with special health care needs

A webpage about free and low-cost creative respite options!