

**Sherri Blome**

**From:** The Nebraska Respite Network [specialprojects@wchr.net]

**Sent:** Wednesday, June 23, 2010 9:14 AM

**To:** Sherri Blome

**Subject:** News from the Nebraska Respite Network



## Nebraska Respite Network

Newsletter

June 2010

Dear Sherri,

Welcome to our new format for the Respite Newsletter. This newsletter will include helpful links to other resources and share articles we hope will help you as a family caregiver, respite provider, or agency assisting families.

### Medical Information Binder

I recently read a great article in the [Take Care](#) newsletter put out by the [National Family Caregivers Association](#). This article discussed the importance of keeping a Medical information binder. Here's what they suggest you keep in your binder:

- Copies of all insurance id cards
- A separate tab for all the major doctors your family member sees - file each doctor report under that doctor's name in chronological order
- Create a one to two page sheet that includes a detailed diagnosis and information on current medications

At Western Community Health Resources we have "Respite Care Fact Packets" available with tabs for emergency contact information, family information, behaviors, seizures, medications/medical information, adaptive equipment, allergies/diet, recreation activities, daily activity skills and daily activities list. If you would like one of these fact packets feel free to call 866-RESPITE or email [specialprojects@wchr.net](mailto:specialprojects@wchr.net) and I'll be sure to get you one.

### Respite Days to Continue Monthly



Western Community Health Resources recently received grant awards from the [United Way of Western Nebraska](#) to assist with our popular "Respite Days" Program.

Thanks to this funding we will continue to offer 8 hours of respite the second weekend of every month. For more information on "Respite Days" check out our website at [www.panhandlepartnership.com](http://www.panhandlepartnership.com)

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### Did You Know It is Almost Time for FUN Day?

Our very popular "Respite FUN Day" is coming up on August 14, 2010 at Chadron State Park. What is a "Respite FUN Day?" Well quite simply it is a fun day for kids with disabilities and their siblings. We will spend time at Chadron State Park doing activities such as trail rides, crafts, swimming, and paddle boating while parents are free to enjoy some time on their own or attend a Love and Logic Training just down the road at Camp Norwesca. This event is co-sponsored by Respite and Planning Region 12. If you have children who would like to participate please email the following information to [Respite FUN Day Registration:](#)

- Parent Name
- Address
- Phone #
- Children's names/ages/disability

### Helpful Links

[Respite Website](#)

[Answers 4 Families](#)

## Early Development Network Offers Help to Infants and Toddlers



Services Coordination means a central contact person, known as the services coordinator, is assigned to each family. Services Coordination helps families of children with special needs below age

three:

- Find services to meet developmental, educational, financial, health care, child care, respite care and other needs
- Link with needed services
- Work with multiple providers to make sure services are provided as needed
- Become coordinators of services for their own children in the future.

### Services Coordination

- Allows families easy access to community services
- Make current services stronger
- Avoids duplication of services
- Develops resources when needed
- Make it clear to families what they can expect from state and community agencies

There is no cost for this service.

We have three Services Coordinators in our area: Autumn Calkins, Stacy Ferguson, and Nici Johnson. For more information go to <http://edn.ne.gov>.

Thank you for reading our monthly newsletter. If you have items you would like to see added to the newsletter please email [Sherri Blome](#) by clicking here.

Sincerely,

Sherri Blome  
Respite Coordinator  
Western Community Health Resources

[Aging Office of Western Nebraska](#)

[Nebraska Department of Health and Human Services](#)

[League of Human Dignity](#)

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