Do you provide regular care for a loved one who has a long-term illness or disability?

We can help.

855-YES-ADRC
TAKETIMETEXAS.ORG

**Caring For Yourself**

is one of the **most important things** you can do as a **caregiver**.

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**Respite** is a break for someone like you who is caring for a child or adult with a chronic health condition or a disability.

**Respite** provides you the chance to run errands, nap, see friends or spend time with other family members. Respite also gives your loved one a chance to spend time with other people.

“**He benefits because he has a happy mom. It’s healthy for me, and it’s healthy for him.**”

– Rosalba, mother of a child with disabilities

**When Your Needs Are Taken Care Of**

you can take **better care** of your **loved one**.

**Respite** services may be used frequently or infrequently, such as for emergencies, vacations, one day per week or month, weekends or as needed.

**Respite** care can be provided at home or in a care setting. Services are available in a variety of places:

- Your own home
- A place of worship or community center
- Daycare or other childcare facility

Visit TAKETIMETEXAS.ORG to learn more, or call 855-YES-ADRC (855-937-2372).