



# RESPITE RELIEF FOR MILITARY AND VETERAN CAREGIVERS

Respite Relief gives you time. Time to run an important errand, go for a walk, or catch up with a friend. Respite Relief also provides free in-home support to your veteran or service member—so you can take care of you.

## WHAT IS RESPITE CARE?

Respite relief gives you a break. It gives you help with everyday chores. It gives you an opportunity to focus on yourself. Services are often provided within the home and can be arranged for as little as an afternoon, or for several days or weeks. If you are caring for a spouse, parent, child, friend, or another loved one who serves or served in the military, you can receive up to 16-hours of no-cost respite care services provided by a trusted CareLinx professional.

## ELIGIBILITY REQUIREMENTS

- ★ You must be a family caregiver to a wounded, ill, or injured veteran or service member
- ★ The military/veteran family must seek respite relief care within the 50 U.S. states

## APPLY FOR RESPITE RELIEF

Learn more at [hiddenheroes.org/respite](https://hiddenheroes.org/respite).

## RESPITE CARE INCLUDES

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|  Meals          |  Housekeeping |
|  Transportation |  Exercise     |
|  Companionship  |  Mobility     |
|  Med Reminders  |  Toileting    |
|  Bathing        |  Grooming     |

## PARTNERS



POWERED BY:

CareLinx  
by Qsharecare



Elizabeth Dole Foundation  
CARING FOR MILITARY FAMILIES