



Dear Future ALRC Member:

Respite (RESS' – pit)

Respite is simply a way of giving a temporary or short-term break to caregivers.

There is currently an effort underway in Arkansas to help improve the situation of caregivers across the state. That effort is called the Arkansas Lifespan Respite Coalition (ALRC). The mission of the ALRC is to support and promote the development of a comprehensive, statewide respite and crisis care system that is responsive to the needs of caregivers and their families, and that enhances the quality of life for all individuals.

The ALRC is made up of family caregivers, state agencies, individual advocates, community-based organizations, and anyone who has a heart for the selfless caregivers in our communities, and the people they care for. Activities of the ALRC are focused on providing: awareness of available respite services through presentations at events, marketing efforts and website development; outreach for building membership; volunteer respite training; and education on the need for respite legislation in Arkansas. Active members are asked to serve on at least one of the following committees: Outreach, Training, Development & Operations and Advocacy.

Former First Lady Rosalyn Carter is quoted as saying: “There are four kinds of people in this world:

- those who have been caregivers;
- those who are currently caregivers;
- those who will be caregivers; and
- those who will need caregivers.”

The need for respite from caregiving literally affects us all at some point in our lives. Please contact us for more information on how you can join the efforts of the Arkansas Lifespan Respite Coalition, and help make a difference in the quality of life for the many people in our state who just need a break.

Thank you for your time.

Respectfully,

The Arkansas Lifespan Respite Coalition Membership Committee