

# **A Practical Guide to Respite for Your Family**

[A Practical Guide to Respite for Your Family](#) can assist you in finding different respite options that may be available in your community. This respite guide provides useful information about checking out agencies and respite sites, finding and hiring a provider, preparing your home for respite, and using your respite time so it is a successful experience for you. In addition to the wealth of information, you will also find sample forms that you may want to use with your caregiving duties.

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