

In-home respite services provides the much needed temporary break from often exhausting challenges faced by the family caregiver.






We serve Plumas, Lassen and Modoc Counties.

In-Home Respite Care
711 E. Main Street
Quincy, CA 95971

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www.PlumasRuralServices.org

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PRS is an equal opportunity service provider and does not discriminate against clients or volunteers on the basis of any protected characteristics identified by the State of California's Civil Rights Department: calcivilrights.ca.gov/employment/#/whoBody.

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Visit us online!



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What Is Respite?

Respite provides relief for family members who care for:

- **Adults and/or children who have developmental disabilities**
- **Senior citizens and dependent adults**
- **Adults who are recovering and recuperating**

Most families take great joy in providing care to their loved ones so that they can remain at home. However, the physical, emotional and financial stresses for the family caregiver can be overwhelming without some support such as respite care.

Caregivers need time off from their caregiving responsibilities to relieve stress and prevent burnout. Good caregiving depends on meeting the caregiver's own needs for nurture, support and periodic respite.



Services Include:

- Respite care
- Support
- Referrals
- Companionship
- Shopping
- Transportation
- Meal preparation

Become A Provider

If you are interested in becoming a Respite Care Provider, please contact Ashlee Johnston at 530-283-2735, ext 873 for more information.

How Respite Works:

Care is provided in the individual's home by trained and screened Respite Care Providers. Families may interview and select Respite Care Providers of their choice.

The Respite Care Provider comes to your home and gets to know the care receiver in their normal environment. They learn your family routines.



The cost of care may be covered for those who qualify for services through Far Northern Regional Center or Passages.

In-Home Respite Services are also available for private pay.