

There are 86,400 seconds in a day. Can you imagine feeling as if you don't have even one of those seconds for yourself, for the things you need to do? Just one of those seconds for the things you want to do?

Remember, respite is an US Issue.

Ultimately, it will effect YOU personally.

This information was brought to you courtesy of:  
The City of Las Vegas, Nevada

Give me A Break, Inc.



A non-profit corporation whose purpose is to provide leadership and vision in developing and implementing programs, which support, strengthen, and nurture families in Nevada.

We are a group of people that have experienced disabilities as adults ourselves, as family members, as parents, as grandparents, or as friends.

We decided to take charge and create a company that would **MAKE** respite (res-pit) opportunities happen in Nevada.

Respite is a temporary relief for caregivers and families. Respite can be a state of mind.

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Respite is a service in which care is provided to individuals with disabilities, to individuals with chronic or terminal illnesses, or to individuals at risk for abuse and neglect. Respite can occur in out-of-home or in-home settings for any length of time depending on the needs of the family and available resources

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For more information, please call:

(702) 898-2216

[Givemeabreakinc@aol.com](mailto:Givemeabreakinc@aol.com)

[www.givemeabreakinc.com](http://www.givemeabreakinc.com)

The toll-free number for Respite in

Nevada: 1-866-486-2275

P.O. Box 620721, Las Vegas, Nevada 89162

## What can YOU do?

\*Remind Caregivers to take care of themselves

\*Support agencies and groups that create respite opportunities in Nevada, with money, time, and your voice and encouragement

\*Share your family's needs with your legislators

\*Contact GAB, Inc. for other ways you can help