

**Contact: Susan C. Haas**  
Nevada Rural Counties  
RSVP, Inc.  
Phone: (775) 687-4680 ext.2  
Fax: (775) 687-4494

2621 Northgate Lane, Suite 6  
Carson City, NV 89706  
[www.nevadaruralrspv.org/](http://www.nevadaruralrspv.org/)  
[shaas@nrvsvp.com](mailto:shaas@nrvsvp.com)

July 26, 2017



---

## NEWS RELEASE

### RSVP ANNOUNCES RESPITE CARE PROGRAM CONTINUATION

“The Nevada Rural Counties Retired and Senior Volunteer Program Inc. (RSVP) received funding from the Fund For a Healthy Nevada and State of Nevada Aging and Disability Services Division which enables us to provide respite (much needed regular breaks) to primary caregivers and their adult (age 18 and older) disabled or elderly family members. The service is provided to support caregivers of those suffering from Autism, Brain Injury, Cancer, Dementia, Parkinson’s, Alzheimer’s or other intellectual or physical disabilities. Family members or friends that provide respite for the care recipient are also eligible to participate as volunteers” said Susan C. Haas, Executive Director and C.E.O. of RSVP.

RSVP is the only organization in Nevada that provides caregivers with lifesaving regular breaks utilizing Volunteer Respite Workers (VRW) at no charge in the family’s home. Donations are gratefully accepted. No one is turned away because of an inability to contribute. VRW’s receive orientation and training prior to beginning their respite care assignment. VRW’s receive a \$175 monthly stipend for their ongoing commitment of time to the families they serve, plus mileage reimbursement at \$0.40 per mile. Based upon their care plan and the availability of volunteer resources in the area, caregivers receive essential breaks for four hours a day, two times a week, which enables them to engage in enjoyable activities and attend to their own needs.

Caregivers often become so involved in taking care of someone else that they allow their own needs to be pushed aside. Research shows that most family caregivers are ill-prepared for their role and provide care with little or no support. Consequently, the caregiver’s health suffers and their ability to continue caregiving becomes compromised. The physical and emotional stress that caregivers endure results in higher rates of depression, chronic illness and even death. If the primary caregiver succumbs to stress and ill health and is not able to provide care for the care recipient at home, the care recipient in many cases, has no alternative but costly and premature institutionalized care.

The Respite Care Program is part of RSVP's Independent Living Programs with a mission to assist low-income homebound seniors, veterans and caregivers to remain independent and in their own homes as long as possible with dignity. Well trained RSVP volunteers are assigned to go into the homes of stressed out, overwhelmed family caregivers who provide care to their loved ones, allowing caregivers several hours of free time a couple of times per week. Respite for family caregivers is an essential program which also provides the one being cared for with someone new to spend time with and share stories and thoughts that stimulate their minds and bodies and assures them they are worthwhile people and connected to the community. RSVP collaborates with family caregivers, volunteers, physicians, social workers and other agencies to form a care-partnership where the care recipient is at the center of the relationship.

Help us get the word out about RSVP's respite care services! For a list of volunteer opportunities, or for information about qualifying for RSVP services, contact Sandy Severance, RSVP Program Director @ 775-687-4680 x 6. Visit our website at [www.nevadaruralrsvp.org](http://www.nevadaruralrsvp.org). RSVP partners with the Sanford Center for Aging which offers a Geriatric Specialty Clinic with comprehensive geriatric assessment, chronic care management services, and a support center for elders. Additionally, the Center provides education and resources, senior outreach services, medication management, and community wellness programs. For info. on Sanford Center for Aging, please call: 775-784-4774, or visit: <https://med.unr.edu/aging>.