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[Charting the LifeCourse: Respite Guide](#)

Missouri Family to Family, which is housed within Missouri's University Center for Excellence in Developmental Disabilities Education, Research and Services (UCEDD) at the University of Missouri-Kansas City Institute for Human Development, in collaboration with the ARCH National Respite Network and Resource Center, developed Charting the LifeCourse Respite materials. The materials include a Respite guide book, portfolio and other tools meant to help family caregivers caring for anyone of any age or disability and those who support them create a plan to access respite services within and outside the formal services system.

[Charting the LifeCourse: Respite Guide](#) is a unique resource that provides helpful information for caregivers. Being a caregiver can be both rewarding and challenging, so it's important for caregivers to take care of themselves.

According to the respite guide... This guide is meant to help caregivers and those who support them to understand the meaning and importance of respite/short breaks, see real life examples, understand the possibilities and options that exist for respite, within and outside the formal, paid service system, and create a successful plan that uses these short breaks to enhance the lives of all family members.