

**NEWS RELEASE** | **FOR IMMEDIATE RELEASE** | March 8, 2022

## **Human Services holds March 10 webinar on respite services that can give caregivers a short break from caring for loved ones**

BISMARCK, N.D. – North Dakota Department of Human Services Adult and Aging Services experts are sharing information about respite care services at the next Spotlight on Home and Community-Based Services webinar, March 10, 12-12:30 p.m. CT.

Respite care services enable caregivers to take a short break from caregiving responsibilities. Presenters will discuss the importance of caregivers taking care of themselves and some of the respite options offered in North Dakota. Webinar participants will also learn general eligibility requirements, how respite services are funded, and how to access respite services to support caregivers.

People can [join the webinar](#) online by computer or mobile device or can join by phone at 701-328-0950, Conference ID 676 451 010#.

Information about this and other upcoming webinars, recordings of past webinars, and related information is available on the Adult and Aging Services Division's webpage at [www.nd.gov/dhs/services/adultsaging/](http://www.nd.gov/dhs/services/adultsaging/).

This is the eighth in a series of twice-monthly webinars scheduled through mid-July to raise awareness about in-home and community-based services available in North Dakota that support community living alternatives to nursing home care. Later this month on March 24, the series continues with a webinar on community transition services that are used to help people transition from nursing homes and other institutional settings back to community living.

Individuals who need disability accommodations to participate can contact Michele Curtis at 701-328-8679, 711 (TTY) or [mimcurtis@nd.gov](mailto:mimcurtis@nd.gov).

The Adult and Aging Services Division works with partners to help older adults and adults with physical disabilities remain living in their homes and communities. It also acts to protect the health, safety, welfare and rights of long-term care residents and vulnerable adults living in the community.

**To learn more and find services**, contact North Dakota's Aging and Disability Resource Link toll-free at 855-462-5465, 711 (TTY), email [carechoice@nd.gov](mailto:carechoice@nd.gov), or apply for services online at <https://carechoice.nd.assistguide.net/>.

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