



Is caregiving during the pandemic getting you down? Do you need a break? Respite can help...

What is Respite? "Respite is a break for unpaid caregivers, who provide care for an individual of any age who needs help, care or supervision due to a disability, chronic condition or other special needs. Respite is intended to provide relief to the caregiver."

FIFNC has been awarded limited, special funding to help family caregivers to pay for respite care.

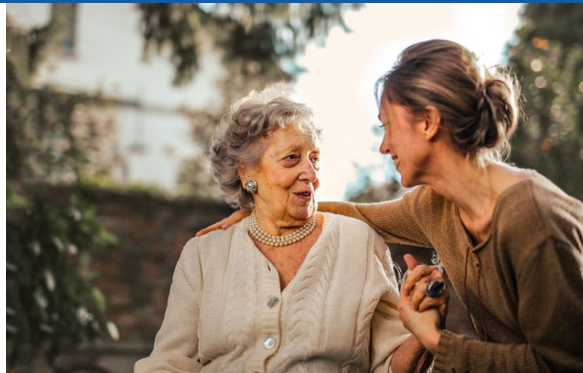
Who qualifies? Any unpaid caregiver of an individual of any age, who lives in North Carolina, may apply for assistance.

Applicant Requirements:

- Lives in one of North Carolina's 100 counties
- Not currently receiving respite through another source

How to apply?

[Contact your local FIF Chapter](#) via the URL below or email info@fifnc.org for help.



To learn more about First In Families Respite Support, find your local Chapter or Program by searching the county you live in at:

<http://fifnc.org/programs/index.html>

This limited/special funding is made possible by a grant from NC Division of Aging and Adult Services (DAAS) the Aging and Disability Resource Center, also known as No Wrong Door, COVID-19 Relief

First In Families of North Carolina
Believe. Achieve. Connect. Give Back.
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