



In every community across Illinois, family members are becoming caregivers for their loved ones. The Illinois Respite Coalition is here to help.

## What is a Caregiver?

If you provide help to another person in need, you are a caregiver. Caregivers help individuals achieve tasks and functions necessary for daily life that may have, for a number of reasons, become inaccessible to them.



The IRC strives to connect you to respite no matter your age or disability!

We offer:

Lending Library  
Respite Provider Training  
Grants for Eligible Caregivers

All of our programs are FREE!

See our website for more information!

<http://www.illinoisrespitecoalition.org/home.html>

## Caregiver Appreciation Month

Celebrated every November, National Family Caregivers Month (NFCM) is a time to recognize and honor family caregivers across the country. It offers an opportunity to raise awareness of caregiving issues, educate communities, and increase support for caregivers.



**CAREGIVING**  
*is the most*  
**SPECIAL GIFT**  
*we can give*  
*to* **ANOTHER**  
**HUMAN BEING**  
*YOU INSPIRE ME!!* —❤️



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Check our FB post each Monday! In November we will have Caregiver information featured. We will also post suggestions on how to honor those caregivers in our lives and how to support caregivers!