WEBINAR: Respite Care Services

*Learn about these services, which support independent living*

**MARCH 10, 2022, 12:00-12:30 p.m. CT**

[Link to meeting](#) or join by phone at 701-328-0950, Conference ID 676 451 010#.

Respite is a short break from the responsibilities of caregiving. This webinar will provide an overview of the importance of caregivers taking care of themselves and some of the respite options offered in North Dakota.

Presenters will explain the available services, general eligibility requirements, how the services are funded, and how to access respite services to support caregivers.

Older adults and adults with physical disabilities, family members, caregivers, guardians, and community entities are encouraged to join us to learn more.