

# Caregiver Respite Program

## You're Not Alone

*A special service for members of the LGBT (Lesbian, Gay, Bisexual, Transgender) community offered by Greater Springfield Senior Services, Inc.*

### Do you find yourself juggling

- Family and work responsibilities?
- Daily household maintenance chores?
- Your responsibilities as a caregiver?

### Are you

- Sleeping poorly or not enough?
- Neglecting other relationships?
- Feeling isolated and trapped?

### If So, You're Not Alone, So Don't Go it Alone!

We recognize that LGBT caregivers and care recipients face specific challenges in our communities. The *You're Not Alone* respite program provides small scholarships that enable an unpaid caregiver to get a much needed break from the stresses of providing daily care for a loved one. This respite allows the caregiver to relax and recover some of their physical and emotional energy. Scholarship awards range from \$500 to \$750.

### Eligibility:

- The care recipient must be at least 60 years of age, or younger and disabled.
- The care recipient must live in the vicinity of Agawam, Brimfield, East Longmeadow, Hampden, Holland, Longmeadow, Monson, Palmer, Springfield, Wales, West Springfield or Wilbraham.

### Application Process

The caregiver must fill out a brief application that will be reviewed by Greater Springfield Senior Services. A home visit to talk with the caregiver may be scheduled.

### Awards

Once a respite award has been made, the caregiver may retain the services of a licensed/certified home care provider, an adult day health program, or facility-based respite program. Costs up to the amount of the award will be paid directly to the respite provider unless prior arrangements have been made beforehand with GSSSI. Scholarship funds expire on July 10, 2017 and must be used by that date.

For more information, please contact:  
**Greater Springfield Senior Services, Inc.**  
**413-781-8800 Ext.140**

*If you or your loved one do not identify with the LBGT community, you may still be eligible for services through our Family Caregiver Support Program. Please call us!*

**DIVERSITY**  
Equals Dignity for All

This mini-grant project is funded through the Massachusetts Lifespan Respite Coalition and the Federal Administration on Community Living.

Greater Springfield Senior Services, Inc.  
**Caregiver Respite Program Application**  
**You're Not Alone**

**Caregiver Information**

Name: \_\_\_\_\_ D.O.B. \_\_\_\_\_  
Address: \_\_\_\_\_ Phone: \_\_\_\_\_  
City/Town: \_\_\_\_\_ Zip Code: \_\_\_\_\_  
Gender: \_\_\_\_\_ Relationship to Care Recipient \_\_\_\_\_  
Orientation of Caregiver: \_\_\_\_\_ Primary Language \_\_\_\_\_  
(circle one) Lesbian Gay Bisexual Transgender Questioning Prefer not to answer

**Care Recipient Information**

Name: \_\_\_\_\_ D.O.B. \_\_\_\_\_  
Address: \_\_\_\_\_ Phone: \_\_\_\_\_  
City/Town : \_\_\_\_\_ Zip Code: \_\_\_\_\_  
Gender \_\_\_\_\_  
Orientation of Care Recipient: \_\_\_\_\_ Primary Language \_\_\_\_\_  
(circle one) Lesbian Gay Bisexual Transgender Questioning Prefer not to answer

Agencies/individuals currently providing services:

Agency	Telephone Number	Type of Service	Frequency

Briefly explain the reason for your request for respite funds at this time, and describe how this will improve your caregiver situation (you may also use the back side of this form if you require more room): \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I certify that the application information is true, accurate and complete. I agree to hold harmless Greater Springfield Senior Services, its employees and agents for any and all liability of any nature whatsoever.

\_\_\_\_\_  
Caregiver Signature Please Print Name

**Mail completed application to:** Community Services Director, Greater Springfield Senior Services, Inc., 66 Industry Avenue, Suite 9, Springfield, MA 01104. For questions, email: [karen.martin@gsssi.org](mailto:karen.martin@gsssi.org) or call 413-781-8800 #140

