



## Caregiver “Time Away”



### ***Respite, Community Mentors, Community Partners***

**The name changes as your family member grows older, but this fact remains:**

**In order to care well for others, you should first care for yourself.**

*We all know our well-being is important but making it happen can be challenging. Expand the way you think about taking time away for yourself and the benefits it provides to your family member as well.*

*Join our panel as we explore the questions asked most:*

- What do we mean when we say we need a break?
- How do I find people who are able meet my family member’s unique needs?
- What resources are available to pay for this?
- What should an ad looking for paid support people look like and include?

Please join us for this panel discussion led by:

*Ashley Woodman, PhD, Program Director of Developmental Disabilities and Human Services, UMass  
Amy Naziare, Director of Family Support - DDS Northeast Region; Massachusetts Respite Coalition  
Donna Kushi, Family Empowerment Program Manager and Parent*

**Date/Time: Tuesday, May 14, 6:00– 8:00 p.m.**

**Location: Family Empowerment, 41 Russell St., Hadley**

**(Family Empowerment is in the same building as Whole Children)**

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