

**DELIVERING EDUCATION AND SUPPORT TO THOSE OFFERING A BREAK TO CAREGIVERS**

**There are 67 million family caregivers across the nation. What can we do to help?**

## **OPPORTUNITY TO HELP UNLIMITED FAMILIES**

- Launched in February 2013
- Trainers in **29 States and Canada** to date
  - **586 REST Trainers**
  - **6,910 REST Companions**
- Networking with more than **9,000 individuals and organizations** to mobilize REST across the country
- **Originally** written training program with **data-driven evidence** to support the effectiveness of our program
- Training materials available in **English and Spanish**
- Core Competencies align with the **National Respite Guidelines** as developed by ARCH
- Training is **customizable** to an organization's specific needs and goals
- 2-day training program for **Trainers**
- **8-hour, 4-hour & On-line** training programs available for **REST Companions**
- Approved by Continuing Education Institute of IL for up to **13.5 CE hours**

## **Our Vision:**

*Creating an international network of organizations that prepares individuals to support caregivers through respite.*



**REST** is a train-the-trainer course that prepares individuals to conduct respite training, equipping REST Companions™ to provide respite, in order to support caregivers who are caring for people with disabilities and health care needs across the lifespan.

**REST Trainers** can lead REST Companion™ Training Programs within:

- Churches
- Corporations
- Hospice & Palliative Care Organizations
- Hospitals
- Schools, Colleges & Universities
- Social Services Organizations
- State Agencies
- Veteran Organizations

Contact us at  
164 S. Prairie Ave., Bloomingdale, IL 60108  
630.397.5655 ♦ [info@restprogram.org](mailto:info@restprogram.org)  
[www.restprogram.org](http://www.restprogram.org)