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## **[Charting the LifeCourse: Respite Guide](#)**

Missouri Family to Family, which is housed within Missouri's University Center for Excellence in Developmental Disabilities Education, Research and Services (UCEDD) at the University of Missouri-Kansas City Institute for Human Development, in collaboration with the ARCH National Respite Network and Resource Center, developed Charting the LifeCourse Respite materials. The materials include a Respite guide book, portfolio and other tools meant to help family caregivers caring for anyone of any age or disability and those who support them create a plan to access respite services within and outside the formal services system.

[Charting the LifeCourse: Respite Guide](#) is a unique resource that provides helpful information for caregivers. Being a caregiver can be both rewarding and challenging, so it's important for caregivers to take care of themselves.

*According to the respite guide... This guide is meant to help caregivers and those who support them to understand the meaning and importance of respite/short breaks, see real life examples, understand the possibilities and options that exist for respite, within and outside the formal, paid service system, and create a successful plan that uses these short breaks to enhance the lives of all family members.*