

Receive \$500

to use for respite opportunities

AZ Veteran Family Caregiver *Star Card*

For family caregivers of veterans or veterans who are family caregivers

Respite opportunities provide short-term relief to family caregivers, giving time to rest, rejuvenate, and focus on their personal well-being.



Respite Opportunities include:

- Adult Day Health
- Professional Support
- Emergency Respite
- Caregiver Training
- General Self-Care Needs

How It Works:

- 1) Complete a brief questionnaire
- 2) Verify veteran status
- 3) Receive \$500 pre-paid *Star Card*
- 4) Use your *Star Card* for goods and services that provide you respite

Learn more at meaningandhope.org/respite
or contact us at info@azcaregiver.org or 1-888-737-7494



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