**REST**

Delivering Education and Support to those offering a break to caregivers.

**Companion Trainings** – The 8-hour REST Companion course helps to prepare paid and unpaid workers at becoming effective at providing quality respite care to support caregivers who are caring for people with disabilities and health care needs across the lifespan

**REST Essentials** – A 4-hour program that prepares volunteers or paid respite workers to provide respite in a supervised group setting such as adult day programs or drop off respite programs.

**Train the Trainer** – The Train-the-Trainer course prepares individuals to conduct respite training, equipping REST Companions to provide respite services

www.restprogram.org