Respite Program

ALS Association
Minnesota
North Dakota
South Dakota
Chapter
WHAT IS ALS?
a·myo·tro·phic lateral sclerosis | noun

ALS IS A PROGRESSIVE NEURODEGENERATIVE DISEASE THAT AFFECTS NERVE CELLS IN THE BRAIN AND SPINAL CORD.

Healthy motor neurons stimulate muscles to contract

Motor Neuron (a type of nerve cell)

ALS kills motor neurons, causing muscles to weaken

Dead Motor Neuron

View Full Infographic
Who gets it?

• Veterans
• Men slightly more
• Ages 40-70
How many?

- **20,000 in US**
- **6 per 100,000**
- **5000 diagnosed/yr**
- **We serve 450**
What we do

ALS Research!
• DME Loan
• Communication
• Support Groups
• Home Safety
• Volunteer Program
• Advocacy
This is Navigating ALS, a comprehensive tool intended to raise awareness about ALS by offering information and guidance related to the many aspects of the disease. It is designed to provide an overview of what to consider when ALS has touched your life, personally or professionally. You’ll find articles, infographics, useful links and more among the available resources.

Get started by selecting one of the six sections below or view the Index on the next page to find more specific topics.
Respite Program

- **Jack Norton-board member**
- **1998**
- **MN**
- **8 hours per month**
For the caregiver

- Primary
- Lives with person with ALS
Giving a Break

- We pay agency
- Family caregiver steps away
- 18 hours/month
Application

- Completed by Caregiver
- 1 Page
- On-line or hard copy
Follow up

• 1 month
• Feedback to agency
• Problem-solve, as needed
Some Numbers...

- **50 families**
- **40-50% using to the max**
- **25 agencies**
- **Budget $220,000**
Barriers

- Awareness
- Care recipient
- Caregiver
- Finding an agency
- Staffing
Program Goals

• **Increase usage!**

• **Formal program evaluation**
Questions...???