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**UCP OF GREATER SACRAMENTO  
HONORS NATIONAL FAMILY CAREGIVERS MONTH  
Respite care plays important role in caregiver health**

SACRAMENTO—As people across the country observe November as [National Family Caregivers Awareness Month](#), [UCP of Greater Sacramento](#) is reminding local residents of the physical, mental and emotional benefits of [respite care](#). The local organization provides respite services to families caring for children and adults with developmental disabilities.

“Too often, people caring for family members who have a disability run full steam ahead, never getting any kind of break,” said Doug Bergman, UCP of Greater Sacramento president and CEO. “Without respite care, these family members are more likely to get sick, angry or depressed, which can have profound consequences on caregivers and the people they are caring for. That’s why UCP created its respite program.”

Respite care provides caregivers the opportunity to run errands, take care of household concerns or spend time with other family members while their developmentally disabled family member is cared for by trained professionals. Respite is a proven prevention technique that protects caregiver health and well-being while preventing out-of-home placements and reducing the risk of abuse and neglect.

For more information about UCP’s respite program, call (916) 565-7700 or visit [www.ucpsacto.org/respite.htm](http://www.ucpsacto.org/respite.htm).

(more)



Each month, 2,649 children and adults with developmental disabilities and their families are empowered to live life without limits at UCP of Greater Sacramento. UCP is the leading provider of comprehensive services to children, adults and families with developmental disabilities in El Dorado, Nevada, Placer, Sacramento and Yolo counties. Programs include [Saddle Pals therapeutic horseback riding](#), [UCP's Autism Center for Excellence at Sacramento State](#), [adult day programs](#), [independent living services](#) and [in-home respite care for families](#). For more information, visit [www.ucpsacto.org](http://www.ucpsacto.org).

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