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## Virginia Lifespan Respite Voucher Program

*Respite Services strengthen family systems while protecting the health and well-being of both caregivers and care recipients.*

### What is Respite?

Respite is defined as a short period of rest or relief from something difficult. Caring for a loved one can be very difficult on a caregiver. Respite Care provides temporary relief to a primary caregiver from the continuous support and care of a loved one who has a disability or medical condition. Respite will be most helpful if you use it before you become exhausted, isolated, and overwhelmed by your responsibilities. Respite services can be beneficial, meaningful, and enjoyable to both the caregiver and the care recipient.

### Respite Voucher Program

The **Virginia Lifespan Respite Voucher Program (VLRVP)** provides reimbursement vouchers to Virginia caregivers for the cost of temporary, short-term respite care provided to individuals, of any age, with a documented disability or medical condition.

The goal of this program is to enhance access and reduce barriers to respite care, as well as enhance education and awareness about respite care. **Respite funding is limited to \$595.00 per family through June 30, 2026, or until funds are exhausted.** This program prohibits the use of these funds for rent, cleaning, medical supplies, food, or other household expenditures. Due to its limited funding, not all eligible applicants will be approved.

### For more information

- ▶ [All about the VLRVP, eligibility requirements, and how to apply.](#)
- ▶ [VLRCP Application](#)

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Virginia Department for Aging and Rehabilitative Services

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