

**UAMS News Bureau**

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**UAMS Schmieding Home Caregiver Training to Provide  
Free Respite Training for Volunteer Caregivers**

LITTLE ROCK — The Schmieding Home Caregiver Training Program in Jonesboro, a program of the University of Arkansas for Medical Sciences (UAMS), is offering free Respite Volunteer Training on Aug. 8 in Jonesboro.

The training session will be from 8 a.m.- 4:30 p.m. at St. Bernards Villa Theatre Room, 2217 W. Parker Road. Pre-registration is required. For more information, contact Linda Willey at 870-207-7600 or email [lswilley@uams.edu](mailto:lswilley@uams.edu).

The training is held in cooperation with the Arkansas Lifespan Respite Coalition. The coalition's research has shown 64% of Arkansas caregivers say they need some form of respite or break but only 10% receive it. Across the nation, 65 million American caregivers provide 80% of long-term care yet 89% do not receive any respite services. Even the best of the best caregivers need a temporary break to care for themselves.

“Respite is a simple way to provide a temporary, short-term break to family caregivers,” said Linda Willey, R.N., coordinator for the UAMS Schmieding Home Caregiver Training program and Certified Respite Trainer. “Any form of relief is welcomed by most caregivers. It may just be for an hour or two once in a while up to a week now and then.”

Using the Respite Education & Support Tools (REST) curriculum, Willey will provide unique, interactive training to help participants be confident and successful when providing assistance to those in need. The training is geared toward community and faith-based groups as well as family caregivers, and volunteer groups.

In addition, seven hours of continuing education units are available to nurses and long-term care administrators who attend. This course is supported in part by a grant from the U.S. Department of Health and Human Services, Administration of Aging.

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UAMS is the state's only health sciences university, with colleges of Medicine, Nursing, Pharmacy, Health Professions and Public Health; a graduate school; hospital; a main campus in Little Rock; a Northwest Arkansas regional campus in Fayetteville; a statewide network of regional campuses; and seven institutes: the Winthrop P. Rockefeller Cancer Institute, Jackson T. Stephens Spine & Neurosciences Institute, Harvey & Bernice Jones Eye Institute, Psychiatric Research Institute, Donald W. Reynolds Institute on Aging, Translational Research Institute and Institute for Digital Health & Innovation. It is the only adult Level 1 trauma center in the state. UAMS has 2,727 students, 870 medical residents and five dental residents. It is the state's largest public employer with more than 10,000 employees, including 1,200 physicians who provide care to patients at UAMS, its regional campuses, Arkansas Children's Hospital, the VA Medical Center and Baptist Health. Visit [www.uams.edu](http://www.uams.edu) or [www.uamshealth.com](http://www.uamshealth.com). Find us on [Facebook](#), [Twitter](#), [YouTube](#) or [Instagram](#).

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