

# your care matters most of all



**Respite for ME is a \$2,000 grant**  
from the state of Maine to help you take care of a  
loved one at home—and to also help take care of you.

**To see if you're eligible,  
visit [maine.gov/givecare](https://maine.gov/givecare).**



Aging & Disability  
Resource Center:  
**1-877-353-3771**



If you have questions,  
please call your local  
agency on aging at  
**207-941-2865.**