



Nebraska Caregiver Support Guide

Trusted help for family caregivers across Lincoln, Omaha & all of Nebraska

An Educational Resource

This guide is for **educational purposes only** and is **not medical, legal, or tax advice**. It lists trusted Nebraska organizations to help you find support. Contact each program directly, or speak with a qualified professional, for guidance about your situation.

Caring for an aging parent, spouse, or loved one is one of the hardest — and most important — jobs there is. You don't have to do it alone. Below are trusted Nebraska organizations offering free guidance, respite, support groups, and financial help. Start with **211** or your local Area Agency on Aging if you're not sure where to begin.

Statewide & Local Help

Nebraska 211

Free, 24/7 confidential help line — referrals for respite, home safety, food, utilities & more.

Dial **211** (or text your ZIP to 898211)
search.ne211.org

Aging & Disability Resource Center (ADRC)

Statewide "one-stop shop" for options counseling, benefits help & long-term care navigation.

(844) 843-6364
adrcnebraska.org

Aging Partners — Lincoln

Lincoln/Lancaster area agency on aging: caregiver support groups, respite & in-home services.

Caregiver line: **(402) 441-7575**
Main: (402) 441-7070 / (800) 247-0938
600 S. 70th St., Bldg. 2, Lincoln

Eastern NE Office on Aging (ENOA) — Omaha

Omaha-metro agency (Douglas, Sarpy, Dodge, Cass, Washington): caregiver support & case management.

Info & Assistance: **(402) 444-6444**
(888) 554-2711 · enoa.org
4780 S. 131st St., Omaha

NE Family Caregiver Support Program

Counseling, training, support groups & limited respite for family caregivers (State Unit on Aging).

(402) 471-2307 / (800) 942-0783
dhhs.ne.gov

Nebraska Lifespan Respite Network

Respite funding (up to \$125/mo) & a screened provider registry so you can take a break.

1-866-737-7483 (1-866-RESPITE)
respite.ne.gov

Alzheimer's Association — Nebraska

Dementia care guidance, support groups & education. Offices in both Omaha and Lincoln.

24/7 Helpline: **800-272-3900**
Chapter: (402) 502-4300 · alz.org/nebraska

VA Caregiver Support (Veterans)

For those caring for a veteran — clinical support, education & benefits via the Omaha VA.

Support Line: **1-855-260-3274**
caregiver.va.gov

Financial Relief for Caregivers

NEW: 2025 Nebraska Caregiver Tax Credit

A nonrefundable credit of 50% of eligible care costs — up to \$2,000 (\$3,000 if your loved one is a veteran or has dementia). Income limits apply (\$50k single / \$100k joint). Apply to the NE Dept. of Revenue using Forms 3165 & 3165C; approved first-come, first-served.

revenue.nebraska.gov/caregiver-tax-credit-act

Where to Start — 3 Simple Steps

1. Make one call. Dial **211** or your local agency (Aging Partners in Lincoln, ENOA in Omaha). One conversation can connect you to respite, meals, support groups, and benefits all at once.

2. Ask about respite. You can't pour from an empty cup. The Lifespan Respite Network and your area agency can help you arrange — and sometimes help pay for — a break.

3. Keep your receipts. Track caregiving expenses and mileage now so you're ready to claim the new 2025 Nebraska Caregiver Tax Credit at tax time.