



ANSWERS4FAMILIES PROJECTS

How to find the answers you seek and connect to
the resources you need



HELLO!

Jessica Cook

UNL Center on Children, Families and the Law
Web Project Coordinator
jessica.cook@unl.edu



WHO ARE WE?

UNIVERSITY *of* NEBRASKA-LINCOLN



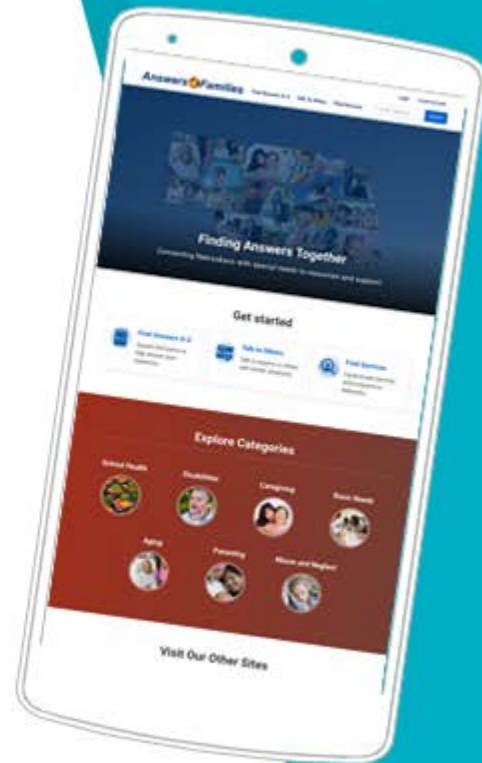
CENTER ON CHILDREN,
FAMILIES, AND THE LAW

Answers  **Families**



OUR PARTNERSHIPS





ANSWERS4FAMILIES

Answers**4**Families



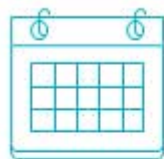
ANSWERS4FAMILIES WEB ADDRESS

<https://answers4families.org>



OUR MISSION

The Answers4Families mission is to provide information, opportunities for dialogue, educational resources, and support to Nebraskans with special needs and their families across the lifespan.



1994





A4F OVER THE YEARS

1996



1999



2001



2003



2014





Finding Answers Together

Connecting Nebraskans with special needs to resources and support.

Get started



Find Answers A-Z

Quickly find topics to help answer your questions.



Talk to Others

Talk to experts or others with similar situations.



Find Services

Easily locate services and programs in Nebraska.

Explore Categories

School Health



Disabilities



Caregiving



Basic Needs



Aging



Parenting



Abuse and Neglect





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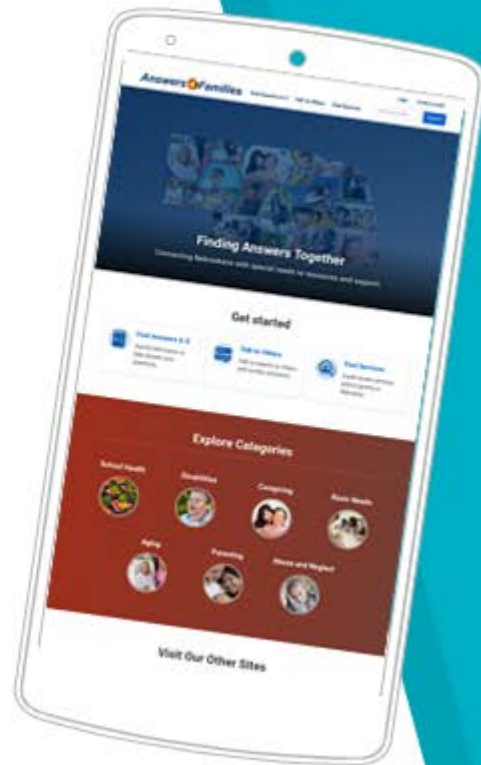
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Ways to talk to others

The discussion groups offer the opportunity to share information, resources, and support with persons across the state.

[View available email discussion groups](#)



Ask an expert

Ask experts on a variety of topics covering the lifespan.

[View available experts](#)



Ask RX

Ask registered pharmacist questions about your prescriptions and medication interactions

[View available RX](#)

Ask An Expert

Answers4Families host a variety of experts on topics covering the lifespan. Some topics with experts will feature the expert on the page.

Experts and their expertise

This is a list of experts with their expertise. Click on an expert you are interested in contacting for more information on how to ask your question.

Expertise	Expert
Basic Needs	Denise Packard
Healthcare	Thomas Pratt DDS
Disabilities, Parent Training and Information Nebraska Webinars, Children with Disabilities and Special Needs	Nina Baker
School Health, School Nurses	Andrea Riley, RN. BA. BSN

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Parenting



Parenting is a "long term investment". It has been labeled as "the best and yet the most challenging job you will ever have". Let's face it, parenting is not always easy. Here, we hope we can guide you in finding answers together about parenting topics.



Nebraska Family Helpline 1-888-866-8660

Available 24/7/365, providing assistance to families with a youth experiencing behavioral health challenges.

[Learn more about Nebraska Family Helpline](#)

Popular Questions

- If my family, friend, or neighbor is providing my child care do they need to be licensed?
- Does my child care provider need to be licensed?
- How can I prevent or reduce challenging behaviors?
- How do I manage challenging behaviors?

Popular Questions



I need a break from caring for my loved one with special needs. Who can help me?



What are my rights as a person with disabilities?



I have been denied disability benefits. Who can help me?

Legal Aid of Nebraska: *If you have been denied government benefits, or if you have had your benefit reduced or terminated, we may be able to help. Call Legal Aid if you don't understand the reason for the action or if you believe the action was wrong. They may be able to assist you in filing an administrative appeal.*

Legal Assistance for People with Developmental Disabilities (LAPDD): 1-844-535-3533

Legal Aid Statewide Accessline: 1-877-250-2016

[Legal Aid Benefits Website](#)

Latest Videos



[Treatment Options for People with Uncontrolled Seizures](#)



[Promoting Positive Mental Health in School Aged Children](#)



[Guardianship and Reasonable Alternatives](#)



[Accommodating Children with Disabilities and Having Happy Holidays](#)

[MORE VIDEOS](#)

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Related Topics

Parenting Classes

Education

Early Childhood (ages 0 - 8)

Challenging Behaviors

Children with Disabilities and Special Needs

Child Custody, Support, and Guardianship

Child Care

Ask an expert



Nina Baker

IFTI Nebraska Health Information Coordinator

[Ask This Expert A Question](#)

Email Discussion Group

child-mental-health

This is an email discussion group for Nebraska's families of children with mental health needs.

[Join Child-Mental-Health](#)

Email Discussion Group

Autismtalk

This is an email discussion group for parents of children with autism spectrum disorders.

[Join Autismtalk](#)

Email Discussion Group

Sibtalk

This is an email discussion group for siblings of those who have special needs.

[Join Sibtalk](#)

Email Discussion Group

Familytalk

This is an email discussion group for Nebraska's families of children with special needs and those who support them.

[Join Familytalk](#)

Still have questions?

[Contact Us](#)



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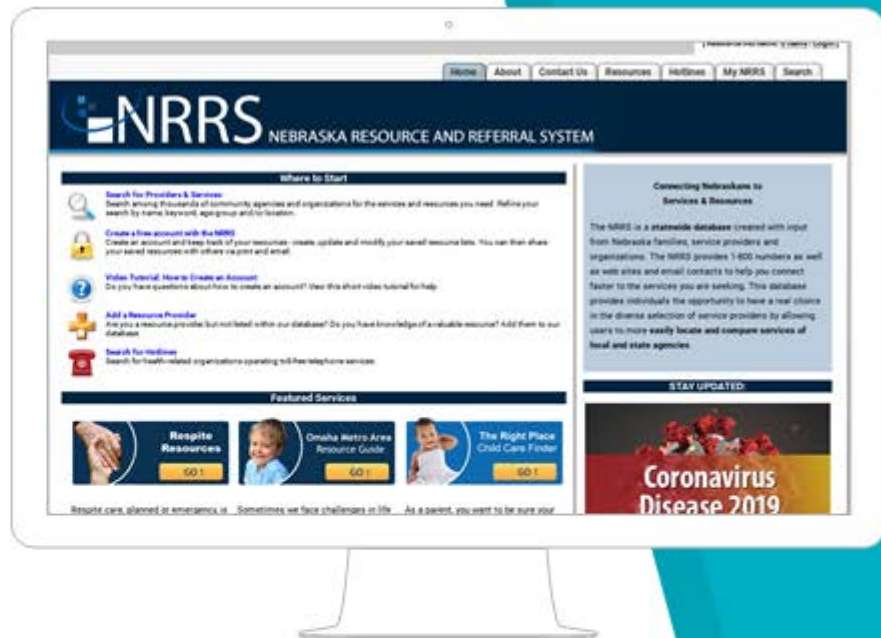


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NEBRASKA RESOURCE AND REFERRAL SYSTEM



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<https://nrrs.ne.gov>



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**Add a Resource Provider**

Are you a resource provider but not listed within our database? Do you have knowledge of a valuable resource? Add them to our database.

**Search for Hotlines**

Search for health-related organizations operating toll-free telephone services.

Featured Services

**Respite Resources**

GO !

Respite care, planned or emergency, is the provision of short-term, temporary relief to those who are caring for family. Respite also provides a positive experience for the person receiving care.

**Omaha Metro Area Resource Guide**

GO !

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Know the signs and symptoms of COVID-19 and what to do if symptomatic:

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Search for Providers or Types of Service

LOCATION OF SERVICES:

STATE: COUNTY: CITY: ZIP CODE:

SEARCH BY:

KEYWORDS: NAME of PROVIDER: SPECIFY AGE GROUPS:

SELECT TYPE OF SERVICE

Click on the **[+]** next to each category below to view an expanded menu.

✓ NOTE: Leaving all selections UNCHECKED will SEARCH ALL categories

[+] ☐ Adult Day Care

[+] ☐ Assisted Living

[+] ☐ Assistive Technology

[+] ☐ Attendant Care

[+] ☐ Child Care

☐ Child Care Center

☐ Child Care Disabled Children

☐ Child Care Locations

☐ Child Care Sobriety

☐ Family Child Care Home I

☐ Family Child Care Home II

☐ Financial Aid For Child Day Care

☐ Provisional Child Care Center

☐ Provisional Family Child Care Home I

☐ Provisional Family Child Care Home II

[+] ☐ Chronic Disease Prevention

[+] ☐ Clothing / Sundries

[+] ☐ Counseling, Support, Maternal Rtl

[+] ☐ Education

[+] ☐ Employment

[+] ☐ Family First Services

[+] ☐ Family Resource and Support

[+] ☐ Financial

[+] ☐ Food

[+] ☐ Government Agencies

[+] ☐ Health Professionals

[+] ☐ Home Furnishings

[+] ☐ Housekeeping/Home Maintenance

[+] ☐ Housing

[+] ☐ Interpreters

[+] ☐ Legal

[+] ☐ Mediation Centers

[+] ☐ Medical / Health

[+] ☐ Military

[+] ☐ Out of Home Placement for Children

[+] ☐ Respite Services

[+] ☐ Rhinology

[+] ☐ Safety

[+] ☐ Social Development

[+] ☐ Training

[+] ☐ Training & Consult for Professional

[+] ☐ Transportation

RESOURCE INDEX - A complete alphabetical listing of all resources.

As a registered user, you can create an account to keep track of your resources. With this new feature you can create, update, print and email your saved resource lists! This service is free and easy to use - [sign up here](#).

Searching for Child Care resources located in the zipcode of 68512

[Start a new search](#) | [Sort by city](#)
[Check all](#) | [Uncheck all](#)

Child Care

☐	Academic Advantage Child Development Center, Inc. 7301 S 15TH ST Lincoln, NE 68512	Hours: MTWTFSS 6:00am-10:00pm Phone: (402) 421-7301	
☐	Anine's Child Care 7327 S 18TH ST Lincoln, NE 68512	Hours: MTWTF 7:30am-5:00pm Phone: (402) 421-9347	*
☐	Belka, Nichol K 8031 SOUTH 18 Lincoln, NE 68512	Hours: Call for information Phone: (402) 840-8154	*
☐	Carson, Jonny 2620 S CHESHIRE CT Lincoln, NE 68512	Hours: MTWTF 6:30am-6:30pm Phone: (402) 420-7283	
☐	Four Infants Development Program- Tonva Zelnio 7405 Helen 16th Drive Lincoln, NE 68512-3702	Hours: 7 a.m. to 5 p.m. Phone: (402) 470-7900 Email: fourinfants@undstream.net	*
☐	Harrison, Kristlen 8340 KATRINA LN Lincoln, NE 68512	Hours: MTWTF 7:30am-5:30pm Phone: (402) 370-9845	
☐	Ivy League Child Development Ctr 5225 SOUTH 16TH ST Lincoln, NE 68512	Hours: MTWTF 6:30am-6:00pm Phone: (402) 423-1919	
☐	Jessica Thewissen Jessica Thewissen 4825 CANTERBURY LN Lincoln, NE 68512	Hours: MTWTF 7:00am-5:30pm Phone: (402) 480-0890 Email: jess.thewissen@hotmail.com	
☐	Kucera, Jennifer 5318 TIPPERARY TR Lincoln, NE 68512	Hours: MTWTF 6:30am-6:00pm Phone: (402) 202-9869	
☐	Landenberger, Leah 8320 CALISTA CR Lincoln, NE 68512	Hours: MTWTF 6:00am-10:00pm Phone: (402) 610-5427	
☐	McGavern, Nicole M. 3140 WESLEY CR Lincoln, NE 68512	Hours: MTWTF 7:30am-5:30pm Phone: (402) 421-2919	
☐	Quellette, Hadea 2431 WINCHESTER SOUTH Lincoln, NE 68512	Hours: MTWTF 6:30am-6:00pm Phone: (402) 560-3116	
☐	Schultz, Kay 7320 SOUTH 16TH ST Lincoln, NE 68512	Hours: MTWTF 7:30am-6:00pm Phone: (402) 520-0778	

[Check all](#) | [Uncheck all](#)
[Add checked entries to your resource list](#)

Showing results for category: Child Care

• Family Child Care Home 1

Full Name:	Quellette, Mades
Street Address	2421 Winchester South Lincoln, NE 68512
Description	License #: FI11063
Hours	MTWRF 6:30am-6:00pm
Telephone	(402) 560-3116
TDD	
Website	
Barrier Free?	Unknown
Counties Served	Lancaster.
Eligibility	+
Cost	+

Mailing Address	2421 Winchester South Lincoln, NE 68512
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Tollfree	
Fax	
E-mail	
Ages Served	0 - 13

Directions

Map





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NRRS Self-Assessments

✓ **DISABILITY** Self-Assessment

✓ **FAMILY** Self-Assessment

✓ **Caregiver** Self-Assessment

✓ **YOUTH** Self-Assessment

✓ **60+** Self-Assessment

Assess Your Needs

Are you looking for resources and/or service providers based on your needs? Take a few minutes to complete one of the following self-assessments - **Select an assessment from the left to get started!**

These assessments are designed for the following populations:

- Persons with disabilities;
- For families and caregivers of children with special health care needs;
- For families members caring for loved ones every day;
- Youth with special needs who are transitioning to adult life and adult living;
- Persons 60+ and/or their caregivers.

Please note, these self-assessments are designed to guide you to possible resources and services. Answers4Families and the Nebraska Resource and Referral System do not promote or endorse any specific service providers. If you think you may have a medical emergency, call your doctor or 911 immediately.

If you suspect child or elder abuse, call the Nebraska Abuse/Neglect Hotline at 1-800-652-1999.



 **Caregiver Self-Assessment**

The following questionnaire was created to identify how well you are managing stress while caring for others.

Please take just a moment to answer each of the following questions. Then click the button below to see your results.

How often have you lately:

1. Had trouble keeping my mind on what I was doing	☐ Yes	☐ No
2. Felt that I couldn't leave my relative alone	☐ Yes	☐ No
3. Had difficulty making decisions	☐ Yes	☐ No
4. Felt completely overwhelmed	☐ Yes	☐ No
5. Felt useful and needed	☐ Yes	☐ No
6. Felt lonely	☐ Yes	☐ No
7. Been upset that my relative has changed so much from his/her former self	☐ Yes	☐ No
8. Felt a loss of privacy and/or personal time	☐ Yes	☐ No
9. Been edgy or irritable	☐ Yes	☐ No
10. Had sleep disturbed because of caring for my relative	☐ Yes	☐ No
11. Had a crying spell(s)	☐ Yes	☐ No
12. Felt strained between work and family responsibilities	☐ Yes	☐ No
13. Had back pain	☐ Yes	☐ No
14. Felt ill (headaches, stomach problems or common cold)	☐ Yes	☐ No
15. Been satisfied with the support my family has given me	☐ Yes	☐ No
16. Found my relative's illness situation to be inconvenient or a burden to care	☐ Yes	☐ No



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Connecting Nebraskans to Services & Resources

The NRRS is a statewide database created with input from Nebraska families, service providers and organizations. The NRRS provides 1-800 numbers as well as web sites and email contacts to help you connect faster to the services you are seeking. This database provides individuals the opportunity to have a real choice in the diverse selection of service providers by allowing users to more easily locate and compare services of local and state agencies.

STAY UPDATED:

Coronavirus Disease 2019 (COVID-19)



Know the signs and symptoms of COVID-19 and what to do if symptomatic:

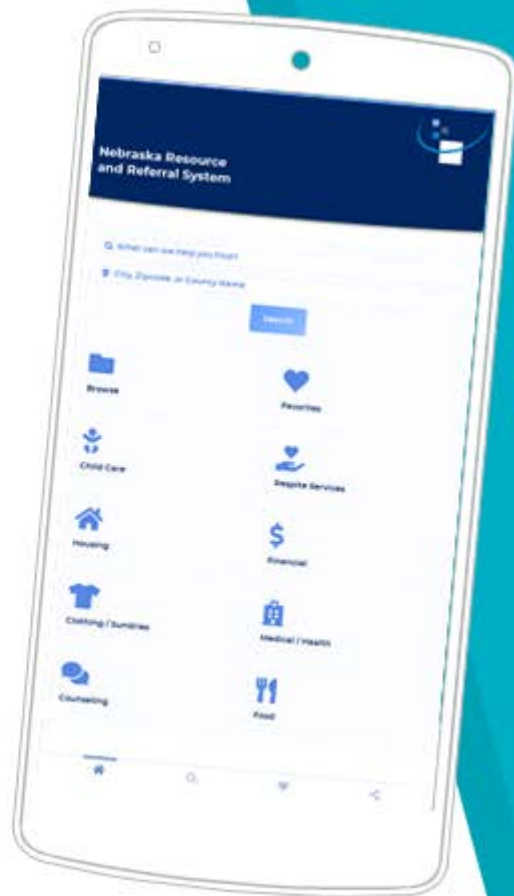
- Stay home when you are sick.
- Call your health care provider's office in advance of a visit.
- Limit movement in the community.
- Limit visitors.

Implement steps to prevent illness, help protect yourself and others:

- Wash your hands often with soap and water for at least 20 seconds.
- Avoid close contact with people who are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Avoid touching your eyes, nose and mouth.

NRRS APP

NRRS APP





NRRS WEB APP

Through your mobile device's browser:

<https://nrrs.ne.gov/nrrspwa>

Or find the app in the App Store or Google Play
(search for Nebraska Resource and Referral
System)



Nebraska Resource and Referral System



What can we help you find?

City, Zipcode, or County Name

Search



Browse



Favorites



Child Care



Respite Services



Housing



Financial



Clothing / Sundries



Medical / Health



Counseling



Food



Transportation



Health Professionals



Nebraska Resource and Referral System



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Search Filters

ZIP Code
219 00000

City
City

County
Choose a county

Service Types

- All Categories
- Adult Day Care
- Assistive Technology
- Attendant Care
- Child Care**
- Child Care Partners

Update Search

Reset Search

1 2 3 4 ... 82 >

24/7 Child Care Center Incorporated
8025 Maple St Omaha, NE 68134

3 Princesses
5067 SOUTH 87th ST Omaha, NE 68127

A Place To Grow Child Development Center
4920 N 26TH, SUITE 200 Lincoln, NE 68521

Abc & Me
4410 S 43rd St Lincoln, NE 68516

ABC & Me, Inc.
7401 SOUTH 85th ST La Vista, NE 68128

ABC Learning Center
2405 29TH ST Columbus, NE 68601

ABC 123 Child Care



Search Filters

ZIP Code
219 Code

City
City

County
Choose a county

Service Types
All Categories
Adult Day Care
Assistive Technology
Attendant Care
Child Care
Child Care Partners

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1 2 3 4 ... 82 >

24/2 Child Care Center Incorporated
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7401 SOUTH 85th ST La Vista, NE 68128

ABC Learning Center
2405 29TH ST Columbus, NE 68601

ABC 123 Child Care





Abundant Horizons accepts all children from the ages of six weeks through twelve years of age. In addition, they also accept medically fragile children and special needs making childcare an option for many parents and families unable to previously find affordable, quality childcare with adequately trained staff.

Contact Info

[\(402\) 934 3727](tel:(402)9343727)

Address

1216 Royal Dr
Papillion, NE 68046

Other Services Provided

- [Child Care](#)

The information provided above is part of a database of providers. If you wish to contact the provider, please do so using the information listed above. The NRRS and the Center on Children, Families, and the Law do not have additional information about this provider.



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Find us on
Facebook

THANKS!

Any questions?

You can also email me at jessica.cook@unl.edu

Download the slides at: <https://go.unl.edu/answers4families>