

RESPIRE SERVICES



Respite is a brief, short-term break for caregivers. It is an important form of family support. Respite allows families and caregivers to rest, spend time together or enjoy time alone. Research has shown that scheduling a break for a few hours once a week can reduce caregiver burnout.

Caring for a person with a disability can be stressful. Families may have emotional, financial, social and physical stresses when caring for a loved one.

Respite can help a caregiver cope and deal with any day-to-day challenges they have. Respite can improve the overall health and well-being of caregivers by allowing families to spend time with friends and each other.

Respite can also help the child or individual grow and form new relationships outside the family.



RESPIRE MYTH BUSTERS

- 1. Myth:** Every member gets 600 hours of respite per year.
Reality: Respite is assessed at each planning meeting. It is based on family needs. Not all families have a need for 600 hours of respite per year.
- 2. Myth:** Respite can be used for childcare while the primary caregiver is at work or school.
Reality: Respite is designed to give families a break. If traditional childcare is not appropriate for your child, your Support Coordinator can assess for other services.
- 3. Myth:** Respite Services have to be scheduled in advance.
Reality: Respite can be scheduled in advance, used intermittently, used for planned events or used in an emergency. Explain your scheduling needs to your Support Coordinator so the right provider can be selected.
- 4. Myth:** My respite provider or agency will pay for my provider's entrance fees to activities.
Reality: Providers and agencies usually do not pay for these costs. When planning for respite, it is important to discuss what you expect to happen during the time respite is provided so the right provider can be selected.
- 5. Myth:** Respite can be used for transportation.
Reality: Respite is not meant to provide transportation. Sometimes a respite provider can be used to support program activities. Tell your Support Coordinator if you have any transportation needs so the right provider can be selected.
- 6. Myth:** A respite provider will watch all my children, including children who are not family members.
Reality: DDD allows providers to care for up to three (3) children, but will only pay for the DDD member. Not all agencies offer sibling care with private pay by the family.
- 7. Myth:** I can be a paid respite provider for my son or daughter.
Reality: Respite is a break for the primary caregiver and/or parent. A third-party must provide you with respite in order to give you a break.