



### How can respite help my family?

Parenting is a difficult job and every parent can benefit from time away from the responsibilities of caring for a child. Being the best parent possible requires getting the rest and relaxation that you need. Caring for a child with special needs presents additional challenges that go beyond the everyday stresses of being a parent. It may also be more difficult to find a qualified person to care for your child. Respite can help offset these challenges. Respite can help strengthen your whole family and lead to a decrease in stress and an increase in your family's health and well-being. In

addition to giving parents and caregivers a chance to rest or do errands, it may provide opportunities to spend more time with other members of your family as well as improve relationships with children, spouses/partners, or other family members.



### IS RESPITE CARE RIGHT FOR MY FAMILY?

Is finding temporary care for your child with behavioral, and/or emotional disabilities difficult?

Is it important that you are sometimes able to enjoy time, either alone or with friends?

Do you need time to do errands?

Do you need time to relax and recharge so that you will be better able to care for your child?

Are you concerned that in the event of a family emergency you would have no one to care for your child?

If you answered yes to any of these questions, respite might be right for you!

## THE RESPITE PROGRAM

Recognizing that caring for youth with special needs can be overwhelming, respite is designed for caregivers to take a break, run errands, relax, visit with friends or just have some time to themselves. This program is available to caregivers of youth, ages 2 to 21, in Lawrence County with behavioral, intellectual and/or emotional disabilities.



Services will begin with an intake to determine your child's strengths, needs and interests. Respite staff will design recreational activities for your child based on this information.

Trained respite staff will provide supervision to your child during which time there will be planned activities aimed at engaging your child as well as providing companionship and socialization allowing a caregiver/s some time for activities they find relaxing, rejuvenating, entertaining or necessary.

## OTHER AVAILABLE SERVICES

- . Vocational & Psychological Services has been providing behavioral health services for over 65 years
- . Evaluations
- . Counseling
- . Specialized Autism Services
- . Intensive Behavioral Health Services (Formerly BHRIS)
- . Site Based Autism Social Skills Group- WE CREATE
- . ID and Autism Waivers
- . Adult Services

# RESPITE SERVICES



## Vocational & Psychological Services

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