

Respite: A Family Guide

Everyone needs a break sometimes. Respite helps provide opportunities for parents and caregivers to take a break from the daily stress and unique demands that can come along with parenting a child with a serious emotional challenge or a developmental disability. Respite is available on a short term, intermittent basis.

Who is eligible?

A child receiving services through network180 in the following programs can be assessed by their therapist or supports coordinator to determine need and eligibility:

- Home-Based
- DD Supports Coordination
- Wraparound
- Youth Case Management
- TFCBT
- Family Case Management
- SED Waiver
- PMTO

You can discuss your need for respite with your therapist or supports coordinator. They will inform you if you are eligible and work with you to create a plan. For children in foster care, the foster care worker must be involved in this discussion.

Types of Respite:

- ◆ **One to One Respite:** An aid cares for your child at home or in the community doing activities
- ◆ **Group Respite:** A drop-in opportunity in a community setting such as a mental health agency or another licensed community location
- ◆ **Camp Respite:** Overnight or day camps at a licensed facility
- ◆ **Overnight Respite:** Right now this occurs at Dawes Court through Wedgwood, depending on availability. This is a group home in the community and is used for planned overnight weekend respite. Overnight respite in a licensed foster home will soon be available for children not in foster care as well.

How much respite does my child get, and who organizes it?

The amount and type of respite your child is eligible for depends on your unique situation. Your child's therapist or supports coordinator will work with you to identify the amount and type of respite you qualify for, and also help you to organize and set up these opportunities. More questions? Talk to your therapist or supports coordinator, or call network180 at 616.336.3909.