



A Guide for Caregiver Relief

Ability Connection is pleased to offer Caregiver Relief through In-Home Respite Services.

If you're the parent or caretaker of a child with a disability, you know how challenging it is to find time for yourself. You would love to have a little time alone or with your spouse. But how do you find someone that you can trust to watch your child?

Respite care is temporary care that provides parents with a much-needed break, allowing a trusted person to be caregiver instead. You may use this as an opportunity to spend time with other family members, go to the gym or run errands. You do not even have to leave home. Some people use in-home respite to allow them to complete tasks or projects in the home such as gardening, cleaning or even paying bills.

Here are some benefits of respite care:

- It helps reduce stress for the caregiver which may lead to greater levels of patience.
- It helps to improve the relationship between the caregiver and the one receiving care.
- It allows caregivers to interact with others, like family or friends.
- A caregiver gets peace of mind knowing that their loved ones are in safe hands.
- Your child gets to spend time with another person and develop a relationship

You choose the person who provides respite care. Here are some ideas on how to find and choose a trustworthy respite care provider:

Ask a Family Member or Friend

If you have a trusted friend or family member, you may consider asking them to watch your child for a few hours. You may need to provide some training so they can care for your child while you are away.

Connect with Other Parents

Look for and connect with other parents who are in a similar situation. If they have used respite care services, ask for recommendations.

Interview Potential Respite Care Providers

If you are looking for a provider who is not a family friend or family, conduct an interview first before you bring them into your home to care for your child. You want to get to know the person who will be taking care of your child while you are away. Some questions to ask include:

- What experience do you have working with children with disabilities or special needs?
- How would you handle this situation (provide a situation common with your child)?
- Can you manage the specific needs of my child?
- Would you feel comfortable taking my child out to the park or into the community?
- Can you provide me with a list of references?

Here are few tips for a worry Free Respite Care Visit

1. Make sure the respite provider knows the routine that you want followed. If there is a schedule, it is best to write it down and review it. If some tasks are unfamiliar to the respite provider, a demonstration is a good idea
2. Prepare a list of your child's favorite activities with suggestions on how to engage the child in these.
3. Prepare a list of phone numbers including yours, a backup contact if you can't be reached, as well as other emergency numbers.
4. If your child does not know the respite provider or has difficulty with transitioning, it may be helpful to overlap for a little while before you leave to be with the child and the respite provider

Registering for and utilizing In-Home Respite with Ability Connection:

1. Complete the Respite application form, along with the W-9 form and submit those electronically from the website, hand deliver or mail to Ability Connection, 8802 Harry Hines Blvd. Dallas Texas 75235.
2. You will receive a voucher for the \$100 for the quarter. You will be eligible for up to \$100 worth of respite per quarter (three months). There is no need to reapply for respite each quarter. Your voucher will automatically renew on and you will receive a notification
3. A portion of the unused respite funds from a previous quarter may be rolled over into the next quarter.
4. When the respite service has been completed, simply submit the completed respite log and payment will be sent to you by check or direct deposit or the check can be picked up. The funds will be sent to you and you will be responsible to pay the respite provider. Respite logs submitted by Wednesdays will have a check ready for pick up or mailing on Friday.
5. Questions can be sent to Campconnections@abilityconnection.org