

Everyone has questions; maybe this information will answer yours.

What is Respite Care? The goal of respite is not only to provide a short-term break for the families, who provide regular ongoing care to a family member with a developmental disability, but to also reduce feelings of isolation, which is common among individuals with disabilities.

Caretakers of family members with special needs often face difficulty and stress as a result of balancing the needs of the person they are caring for along with the needs of other family members and themselves. These breaks, that respite care provides, allow families time to tend to their own needs, and nurture other relationships. As one respite parent stated, *“It had been twenty years since my wife and I went out to dinner”*.

Is there an age requirement? Our homes are suited for individuals starting at age 18 and we review each person case-by-case.



How long will respite care be provided? An individual that has been approved for respite care is entitled to use up to 42 days Jan-Jun, and 42 days Jul-Dec. The time can be used in minutes, hours (10 hrs/day), or days (10 consecutive) depending on how the family would like to use it. Respite can be used regularly or irregularly depending on the needs of the family.

Does the Program Provide Transportation?

Transportation is provided by the respite program.

How far ahead of time do I need to call to arrange for services? Planning ahead is always best practice. However, the respite calendar is flexible and if the days are not filled your loved one will be welcomed.

What does a typical day at respite look like?

A day at respite is filled with peer interaction, socialization, community activities, and a strong sense of acceptance. All homes have a daily recreational calendar filled with: sports, movies, bingo, shopping, church services, dining out, dances, crafts, etc. In addition, all meals are prepared family style within the homes. Great food and great conversation is served daily!

Is there a written care plan? Yes. During the intake process you will be asked to provide important information regarding the needs of your loved one. Once gathered, a detailed safety plan will be created. The sole purpose of this plan is to enhance individual safety by identifying your loved ones' requirements, abilities and preferences.

How is medication administered?

Medication is administered by New York State OPWDD Medication Certified staff. All medication is kept locked for safe keeping. Medication must enter the respite house in its original medication bottle. The house nurse will assist the caregiver in obtaining the necessary paperwork. Our nursing team will require signed dietary orders, signed med orders, and a recent PPD.



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RESPITE PROGRAM

The Arc Chemung-Schuyler's Respite Program is a waiver enrolled service offered to families who are responsible for the daily care of a loved one with a developmental disability. Caregiving is a demanding job and even the healthiest families need a break. In fact, studies have shown that it is actually healthy. Respite allows the caregiver to attend to their personal needs of socialization and relaxation in order to have a balanced life.

The Arc Chemung-Schuyler understands that finding the right program is essential for your peace of mind and loved one's safety. We have spent the last 60 years caring for and enriching the lives of people with intellectual and developmental disabilities in Chemung and Schuyler Counties. Through our individualized Respite Care Program, individuals starting at age 18 are able to utilize our services.

Benefits of Respite Care

In addition to providing direct relief, respite has added benefits for families, including:

- **R**elaxation. Respite gives families peace of mind, helps them relax, and renews their humor and their energy;
- **E**njoyment. Respite allows families to enjoy favorite pastimes and pursue new activities;
- **S**tability. Respite improves the family's ability to cope with daily responsibilities and maintain stability during crisis;
- **P**reservation. Respite helps preserve family unit and lessens the pressures that might lead to divorce, neglect and child abuse;
- **I**nvolvement. Respite allows families to become involved in community activities and to feel less isolated;
- **T**ime Off. Respite allows families to take that needed vacation, spend time together and time alone;
- **E**nrichment. Respite makes it possible for family members to establish individual identities and enrich their own growth and development.

Respite services are provided at one of our agency homes, which is fully certified through the NYS Office of Persons with Developmental Disability (OPWDD) as well as meets /exceeds all local safety codes and regulations.



Within our comfortable environment, residents in our respite program enjoy:

- Peer interaction and social acceptance
- Walk-in shower
- Daily recreational activities – crafts, dances, church, bingo, concerts, plays, volunteering, movies, shopping
- 24-hour fully trained staff
- Assistance with personal care
- Medication administration and oversight
- Meal preparation and family style dinners daily

Making the Decision

The Arc Chemung-Schuyler is committed to providing a positive experience to the individual and their families. We understand the decision to use respite care can be a difficult one. Many caregivers feel it is their obligation to care for their loved one and may be hesitant to include people outside of the family.

Caregivers often express feelings of guilt and anxiety when thinking of leaving their loved one in the care of someone else, even for a short time. To increase the caregiver's level of comfort with respite services, The Arc Chemung-Schuyler embraces a partnership approach between the caregiver, the individual, the respite house staff, and Manager. Caregivers/parents are called upon regularly for program suggestions, spend time at the houses, partake in activities, and have at times shared their special talents with the house residents. This unique partnership along with the program's open door policy has proven to reduce the anxiety felt by the caregiver and increase the overall respite experience.

For additional information contact:
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Testimonials from Respite Parents:

"My wife and I had not been out to dinner in twenty years until respite".

"Our daughter loves it! She is always asking to go back."

"He didn't want to leave when we came to get him, that's a first!"