



Personal Strengths & Assets

- Seek physical activity
- Find excuses to change rooms frequently
- Cook food that is new to you
- Learn a new skill or craft
- Make a wish list of “if I only had ____ min. to myself” ie. :15, :30, :60, a day etc. Be ready to execute your list as able
- Put positive memories in a jar and pull out as needed
- Create videos to share with others online
- Your child’s abilities:
 - can stay alone/in another room for short time
 - not a wanderer

People who can provide short breaks by doing any of the following with your child: video chatting, social distancing in the yard, texting or calling, playing video games online, etc.

- Immediate or extended family members
- Friends
- Teachers, coaches
- Co-workers
- Other caregivers
- Faith based community
- College students

Technology

- Electronic reminders
- Schedule to reduce anxiety
- Remote monitoring for short periods
- Cell phone/Texting – increase communication options for all
- Virtual conferencing
- iPad educational/life skills apps
- Virtual vacations for both parties
- Online classes or training
- Virtual Happy Hour after child's bedtime

Relationships

Respite Resources and Ideas for Short Breaks during COVID19

- Online special interest groups (crafts, hobbies, sports)
- Meetup groups - online
- Faith-based resources – online services or groups
- Volunteering together - VolunteerMatch.org to find online opportunities
- Get involved in a volunteer project you can do from home
- Community Centers or Parks and Rec hosting online fun activities or exercise classes

- Medicaid, Medicaid waiver, SSI, SSDI
- Family care homes or host homes
- Home-based service programs
- Self Directed Support Personal Care Assistant (PCA); Family as paid caregiver
- Personal Care Assistance Agencies
- State lifespan respite care programs
- Older Americans Act– Family Caregiver Support Program
- Respite voucher
- Consumer Directed Support

Community Based

Eligibility Specific

