

### Introduction

Need help identifying informal community, relationship or technology supports that might provide some respite opportunities or respite enhancements? Do you need help finding formal respite services? If you answered yes to either of these questions, this is for you. The options listed below are just a few examples of resources and supports for launching your journey towards an improved respite experience.

We arranged resources using categories from the [Integrated Supports Star](#) in the [My LifeCourse Respite Portfolio](#) as described in [Charting the LifeCourse Respite Guide](#). As you explore these respite opportunities and options, you may notice that some resources fall into more than one category. For example, *social media* could be considered to be both relationship-based and technology focused. For brevity, we did not duplicate resources that might well fit in multiple categories. We hope you'll find this list useful as you add to and diversify your respite support network.

#### RELATIONSHIP-BASED

Family, friends, neighbors, and others who might be able to help caregivers take a break. By giving your personal network of friends and family opportunities to help, you're harnessing the power of social capital.

**AARP Family Caregiving Resource Center** provides tips and advice for caregivers at all stages, including articles, discussion boards for caregivers to connect, and links to resources. [aarp.org/caregiving](http://aarp.org/caregiving)

**Caregiving Blogs and Podcasts** offer a way to connect with other caregivers and find out how they are getting support and respite breaks. Check out [player.fm/podcasts/Caregivers](http://player.fm/podcasts/Caregivers) and [blog.feedspot.com/caregiver\\_blogs](http://blog.feedspot.com/caregiver_blogs)

**Big Brothers Big Sisters of America** provides mentorship opportunities that foster mentoring relationships between adults and children, youth with disabilities, and children needing support and guidance. [bbbs.org/become-a-big](http://bbbs.org/become-a-big)

**Community Gardens** and gardening provide benefits for children with special needs and their parents, and for older adults, including those experiencing dementia. Gardening offers opportunities for physical activity and social engagement and can provide respite for caregivers. [seniorliving.org/life/activities/gardening](http://seniorliving.org/life/activities/gardening) and [seewhatgrows.org/about-us](http://seewhatgrows.org/about-us).

**Daughterhood Circles** offer opportunities to get together in small groups to relax, support, and help navigate caring for aging parents. Find circles at [daughterhood.org/circles-2](http://daughterhood.org/circles-2)

**Family Caregiver Alliance** FCA Online Support Groups at [caregiver.org/support-groups](http://caregiver.org/support-groups). Learn about other FCA support options including:

- The **Caregiver-online** support group, an unmoderated group for caregivers of adults with conditions such as Alzheimer's, stroke, brain injury, and other chronic health issues. The group offers a safe place to discuss the stresses, challenges, and rewards of providing care for a loved one. [Read the FAQ](#). Subscribe to **Caregiver-online** [here](#).
- The **LGBT Community Support: Caregiving for our Families and Friends** offers a place for lesbian, gay, bisexual, and transgender caregivers of adults with chronic health conditions to discuss the unique issues of caring for their loved ones. [Read the FAQ](#). Subscribe to **LGBT Community Support** [here](#).

- FCA partnered with **Smart Patients** to create a Caregivers Community. Caregivers can join the community to share, interact, and learn from each other in a safe, supportive environment. Caregivers of adults with chronic physical or cognitive conditions such as Alzheimer's, stroke, Parkinson's, and other illnesses, share their expertise with this community. [Join the Smart Patients Caregivers Community](#), ask questions, and support others who can learn from you.

**Family Voices** is a national family-led organization of families of children with special health care needs. [familyvoices.org](#)

**Family-to-Family Health Information Centers** F2F are federally funded parent-run centers that provide information and referral, training through workshops, and family friendly materials to help you navigate life. [familyvoices.org/affiliates](#)

**Friendship Circle** chapters in local communities cultivate meaningful relationships and friendships between teen volunteers and children with special needs, providing an enriching opportunity for shared experiences. Friendship Circle International is a Jewish organization with over 80 regional chapters around the world. [friendshipcircle.com](#)

**Military One Source** provides ways for caregivers to connect with their military community and find answers and guidance from those who have had similar experiences. Resources are available for parenting children with special needs and family relationships at [militaryonesource.mil/family-relationships](#). Military One Source also offers a respite care blog at [militaryonesource.mil/training-resources/podcasts/respite-care-for-caregivers](#)

**Neighborhood and Community Options** – Reach out to neighbors and friends to see if they could provide respite breaks such as having them come by for a visit while you take a short break, have a cup of coffee, or go for a walk.

**Parent to Parent USA** - Find your state P2P to connect with other parents of children with special

needs. Get emotional and information support from someone who's 'been there' and find out how they made respite happen for their family. [p2pusa.org](#)

**Peer-to-Peer Respite for Children and Youth** offer inclusive community activities that foster peer relationships between children and youth with disabilities and their peers. Explore peer opportunities such as scouting programs including:

- **Girl Scouts of the USA** provides inclusive scouting activities for girls with special needs. [girlscouts.org](#)
- **Boy Scouts of America** involves boy scouts with physical, developmental or cognitive challenges in local troop activities. [scouting.org/resources/guide-to-advancement/special-needs](#)
- **Camp Fire** is building its capacity to serve children with special needs and ensure inclusion of all children in its programming. [campfire.org/?s=special+needs](#)
- **Camp No Limits** offers camps for children with limb loss and other differences. Camps are located across the country and offers scholarships. [nolimitsfoundation.org](#)
- **Specialized Sports Camps** like Surfer's Healing [surfershealing.org](#) that provide surfing camps for kids with autism. Based in Southern California, but camps offered across the country, Mexico, and Puerto Rico. Other specialized sports camps might be available in your area.

**Peer-to-Peer Respite for Older Adults** - If your loved one has friends he or she once or currently participated in activities with—activities like fishing, playing cards, quilting, etc.—consider setting up 'dates.' In the right situations, it is a win-win for all. It provides a break for the caregiver, their loved one gets to engage in 'normal' activities, and his or her peers have opportunities to spend time with friends.

## RELATIONSHIP-BASED, continued

**The Respite Caregiver Co-op or Cooperative Model** involves trading respite with other caregivers you know and trust. This could be taking turns providing care for a child with special needs, a spouse with a chronic health condition, or an aging parent with dementia.

**Social Media** options provide a way to connect and learn with other caregivers while also getting support and ideas for respite. For example, Facebook has an active caregivers discussion group through AARP at [facebook.com/groups/1353173708169053/?intcmp=AE-CAR-BB-LL3](https://www.facebook.com/groups/1353173708169053/?intcmp=AE-CAR-BB-LL3)

**The National Mentoring Partnership** provides opportunities for caregivers to develop mentoring relationships with young people. Quality mentoring relationships provide a positive intergenerational connection and community engagement opportunity for older adults. [mentoring.org/get-involved/find-a-mentor](https://mentoring.org/get-involved/find-a-mentor)

**Time Banking** is a time-based currency. Give an hour of service to another and receive a time credit. You might provide an hour of bookkeeping, for example, and receive an hour of respite. Timebanking takes place as members give and receive services to each other, or through group and community activities and projects. Members include individuals, groups, and organizations. [timebanks.org](https://timebanks.org). Learn about timebanks near you at [community.timebanks.org](https://community.timebanks.org).

## COMMUNITY-BASED

*The places and activities in the community that anyone can access. Caregivers can often take a respite break while their loved one participates in a community activity.*

The **Alzheimer's Association** provides helpful information for caregivers needing respite, including a 24/7 Helpline at 800-272-3900. Find your local Association chapter that may provide respite support at [alz.org/local\\_resources/find\\_your\\_local\\_chapter?state=VA](https://www.alz.org/local_resources/find_your_local_chapter?state=VA)

**Autism Eats** brings the fun back to dining out with your loved one with autism. This organization operates in many communities across the country. In cooperation with local restaurants, family dinner parties are held in private rooms of restaurants or function facilities. All attending has a loved one on the spectrum so there's no need to apologize, explain, or feel uncomfortable. Check out their website or Facebook page to see if your community hosts Autism Eats or to learn how you can help start one. [autismeats.org/contact.html](https://autismeats.org/contact.html) [facebook.com/AutismEats](https://www.facebook.com/AutismEats). Similar programs exist for families caring for someone with Alzheimer's.

The **Caregiver Action Network** provides a Caregiver Help Desk so you can talk with someone about your family's specific respite needs 855-227-3640 [caregiveraction.org/respitetimeout-caregivers-part-1](https://caregiveraction.org/respitetimeout-caregivers-part-1)

**Care Farming** is a popular concept in Europe. A [handful of farms in the U.S.](#) are supporting individuals who have autism and other developmental disabilities, mental health issues, kids, veterans, and many others to fulfill their vocational, recreational, and residential needs and aspirations. Also known as social farms, they provide valuable day services for diverse and mixed groups.

**Colleges and Universities** have degree programs related to health, education, child development, gerontology, medicine, and therapy. Check with faculty to see if they have students interested in providing respite. Some programs provide practicum credit for students who provide respite services.

**Disability Community Services** offer an array of respite supports and services including camps, recreation, adult day care, inclusive childcare, and information and referral. Examples include:

- **The Arc.** Local chapters often provide respite options for families or children and adults with disabilities – find your local chapter at [thearc.org/find-a-chapter](http://thearc.org/find-a-chapter)
- **Autism Society of America.** Check out the *Autism Source Resource Database* to locate respite options at [source.autism-society.org/autismsource](http://source.autism-society.org/autismsource). Find a local Autism Society affiliate at [autism-society.org/about-the-autism-society/affiliate-network](http://autism-society.org/about-the-autism-society/affiliate-network).
- Explore **Easterseals** respite options at [easterseals.com/explore-resources/for-caregivers/respite-care](http://easterseals.com/explore-resources/for-caregivers/respite-care) and camping programs at [easterseals.com/our-programs/camping-recreation](http://easterseals.com/our-programs/camping-recreation). Connect locally at <https://www.easterseals.com/connect-locally/>
- The **National Multiple Sclerosis Society** can help you find local supports or connect with a MS Navigator at [nationalmssociety.org/Resources-Support/Find-Support](http://nationalmssociety.org/Resources-Support/Find-Support)
- The **United Cerebral Palsy Association** provides guidance and information on respite at [cerebralpalsyguidance.com/cerebral-palsy/living/respite-care](http://cerebralpalsyguidance.com/cerebral-palsy/living/respite-care)

Many **Faith Communities** offer respite. Key Ministry [keyministry.org/find-respite-care](http://keyministry.org/find-respite-care) provides information on several church-affiliated programs offering breaks for families while providing a fun experience for children with special needs and their siblings. Some examples are:

- **rEcess – the respite network of 99 Balloons** at [99balloons.org/attend-a-recess](http://99balloons.org/attend-a-recess)
- **Jill’s House** at [jillshouse.org](http://jillshouse.org); and
- **Buddy Break** program at [nathanielshope.org/out-programs/buddy-break](http://nathanielshope.org/out-programs/buddy-break)

Find a **Family Day Out** or a **Parents Night Out**. A variety of organizations from churches to schools to other civic organizations offer these. Google ‘Family Day Out’ or ‘Parents Night Out’ with the word ‘respite’ to find resources in your area.

**Grandfamilies.org** provides resources to support grandparents and other relatives raising children within and outside the child welfare system. Find resources and supports, including respite, that are available in your state at [grandfamilies.org/State-Fact-Sheets](http://grandfamilies.org/State-Fact-Sheets). State Kinship Navigator Programs can also help you find respite.

**Hidden Heroes** offers assistance to military caregivers and their families, and can connect them to programs including in-home and out-of-home respite care, retreats and camps [hiddenheroes.org/resources](http://hiddenheroes.org/resources).

**Memory Cafes** provide a safe and comfortable space where caregivers and their loved ones can socialize, listen to music, play games, and enjoy other appropriate activities. For a directory of Memory Cafes go to [memorycafedirectory.com](http://memorycafedirectory.com).

**Miracle League** is an international organization serving children and adults with disabilities with a single mission: to make baseball accessible to people of all abilities. Miracle League fields are fully accessible to wheelchairs, and each player is paired with a non-disabled volunteer. Game rules are modified to give all players the opportunity to participate fully. There are more than 250 Miracle Leagues in the USA, Canada, Puerto Rico, and Australia. [miracleleague.com](http://miracleleague.com)

**Museums**, including children’s museums, provide an array of activities that may appeal to both caregiver and care recipient. Search for museums near you and reach out to learn about museum resources and accommodations in your area. [aamus.org findchildrensmuseum.org](http://aamus.org/findchildrensmuseum.org)

The **National Recreation and Park Association** works with communities to improve the health and wellness of all community members through parks, recreation, and conservation. [nrpa.org](http://nrpa.org) Resources:

## COMMUNITY-BASED, continued

- **Community Engagement Resource Guide** at [nrpa.org/publications-research/best-practice-resources/community-engagement-resource-guide](http://nrpa.org/publications-research/best-practice-resources/community-engagement-resource-guide)
- **Parks for Inclusion Policy Guide** at [nrpa.org/our-work/partnerships/initiatives/parks-for-inclusion/policy-guide](http://nrpa.org/our-work/partnerships/initiatives/parks-for-inclusion/policy-guide)

**New Directions** provides leisure and educational travel opportunities for adults who have mild to moderate intellectual and/or developmental disabilities, such as cerebral palsy, Down Syndrome, and autism. They provide local, national, and international travel tours and holiday programs. Some scholarships are also available. [newdirectionstravel.org](http://newdirectionstravel.org)

**Public Libraries** lend books, movies, music, and offer recreational and educational programs year-round. [lib-web.org/united-states/public-libraries](http://lib-web.org/united-states/public-libraries)

**Roads Scholar** Caregiver Grants offer eligible caregivers over the age of 50 an opportunity to relax, recharge, and learn while the caregiver grants help offset the costs of arranging substitute care while caregivers participate in a Road Scholar learning adventure. [roadscholar.org/about/financial-assistance/caregiver-grants](http://roadscholar.org/about/financial-assistance/caregiver-grants).

The **Senior Companion Program** through Senior Corps, a branch of the federal Corporation for National & Community Service, matches volunteers older than 55 with seniors living independently to provide companionship, help with daily tasks and a break for family caregivers. [nationalservice.gov/programs/senior-corps/senior-corps-programs/senior-companions](http://nationalservice.gov/programs/senior-corps/senior-corps-programs/senior-companions)

**Special Needs Summer Camps** often provide a respite break for families of children and youth with disabilities. Search online with your location and “special needs summer camps,” or explore these resources to locate camp programs:

- The **American Camp Association** provides help for families looking for camps for their child with special needs [through their Find a Camp database at find.acacamps.org](http://find.acacamps.org)
- **Friendship Circle Blogs** may help you find a camp option to meet your child’s needs. Go to [friendshipcircle.org/blog/2013/02/13/25-summer-camps-for-individuals-with-special-needs](http://friendshipcircle.org/blog/2013/02/13/25-summer-camps-for-individuals-with-special-needs) and [friendshipcircle.org/blog/2013/02/21/19-more-summer-camps-for-individuals-with-special-needs](http://friendshipcircle.org/blog/2013/02/21/19-more-summer-camps-for-individuals-with-special-needs)
- **Very Special Camps** provides national listings of summer camps and programs for individuals with special needs at [veryspecialcamps.com](http://veryspecialcamps.com), including Therapeutic Riding Camps. [veryspecialcamps.com/summer/therapeutic-riding-camps](http://veryspecialcamps.com/summer/therapeutic-riding-camps) and [camps for children autism](http://veryspecialcamps.com/summer/autism-camps) [veryspecialcamps.com/summer/autism-camps](http://veryspecialcamps.com/summer/autism-camps)

**Veteran Adaptive Sports Programs** provide opportunities for returning veterans to remain active and compete through adaptive sports. Opportunities include the National Veterans Wheelchair Games and the National Veterans Summer Sports Clinic. Information is available through the Veterans Health Administration – Office of National Veterans Sports Programs & Special Events at [blogs.va.gov/nvspse](http://blogs.va.gov/nvspse)

**YMCAs** offer community, recreation, exercise, health and wellness programs for recreation and exercise programs for individuals of all ages and abilities. [ymca.net](http://ymca.net)



## PERSONAL ASSETS & STRENGTHS

*Tangible or financial resources and personal skills and abilities. What the person who receives care can do with minimal support.*

**AARP's Caregiver Life Balance** helps harness your personal assets. Use their resources to help plan and use respite to its best advantage, including mobilizing natural helpers in your network [aarp.org/caregiving/life-balance/info-2017/respite-care-plan.html](http://aarp.org/caregiving/life-balance/info-2017/respite-care-plan.html)

**Care Recipients** may have specific assets and strengths that provide an opportunity for the family caregiver to have a respite break. If staying home alone these include being able to stay home alone safely, to call 911 when needed, not being prone to wandering away from home, and being able to use basic technology e.g., smart phone, computer. If out in the community other skills include being able to communicate their home address, to use public transportation, and to reach out to a contact person if needed.

**Giving Voice** offers choral groups for both caregivers and people with dementia who like to sing. Giving Voiced programs may be found in US communities as well as internationally. Find one near you at [givingvoicechorus.org/join-a-chorus](http://givingvoicechorus.org/join-a-chorus)

**Family Caregivers** may have unique assets and strengths such as being able to embrace informal respite opportunities as they occur throughout the day. For example, they could call a friend, have a cup of coffee, or read the newspaper while their loved one is napping or watching a television show.

**National Center for Creative Aging** is a free resource providing creative lessons to address the needs of family and caregivers of adults living with Alzheimer's disease and related cognitive disorders. [creativecaregiving.creativeaging.org](http://creativecaregiving.creativeaging.org)

**VolunteerMatch** is a search engine with hundreds of thousands of opportunities for individuals to give back and share their time and talents with their community. Explore volunteer opportunities that would interest your family member, provide them with any needed support, and provide you with a break from caregiving. [volunteermatch.org](http://volunteermatch.org)

## TECHNOLOGY

*Using technology to either help provide the support a person needs so the caregiver can take a break, or enhance the respite experience*

**AARP Technology** at [aarp.org/technology](http://aarp.org/technology) provides information, webinars, and resources for older Americans and their caregivers to learn more about technology for entertainment, support, and more.

**App and Website Schedulers** such as [Lotsa Helping Hands](http://LotsaHelpingHands.com) and [CareCalendar](http://CareCalendar.com) let you specify what you need and allows others to sign up to provide services and get updates. Email the link and login to your family and friends and to your loved one's friends and neighbors. [CaringBridge](http://CaringBridge.com) helps you create a free, private, and secure web page, communicate updates in a care journal, share pictures, and coordinate help.

The **Helping Those Who Care Assistive Technology Toolkit** helps caregivers find AT devices to meet their loved one's needs with daily activities. AT can address issues related to vision, hearing, feeding, dressing, memory, and other daily living challenges. Learn more about this Alabama Lifespan Respite Resource Network program at [htwc.alabamarespite.org](http://htwc.alabamarespite.org)

**Mindfulness, stress reduction, and relaxation Apps** may provide short respite breaks. Explore [Calm](http://Calm.com), [Headspace](http://Headspace.com), and other similar apps to improve your quality of life.

## TECHNOLOGY, continued

**Music and Memory** provides ipods for music listening for older adults. Many caregivers use it to enhance respite experiences. Read how music can enhance quality of life across healthcare settings and diagnosis at [musicandmemory.org](http://musicandmemory.org)

**NextDoor** provides a free private social network for your neighborhood to help you stay informed about what's going on in your neighborhood and for learning about opportunities that may provide you with assistance and respite. [nextdoor.com](http://nextdoor.com)

**Online Family Care Websites** can be a good resource for finding respite care providers. Some options include [Care.com](http://Care.com), [CareLinx](http://CareLinx) and [Rewarding Work](http://RewardingWork).

**Online Support Networks/Groups** can provide information, resources, and peer support. Visit:

- **Family Caregiver Alliance's Relationship-Based** section at [caregiver.org/support-groups](http://caregiver.org/support-groups).
- **Friend for Life Cancer Support Network**, a network of cancer survivors and caregivers who provide compassionate, one-on-one support to others diagnosed with cancer and to their loved ones. [friend4life.org](http://friend4life.org)

**Personal Wearables** that provide technology such as a GPS locator option, medical alert or safety identification ID. Explore personal wearables like [SafeWander](http://SafeWander) and [GPS Smart Sole](http://GPS Smart Sole)

**Smart Home Technology** can help ensure your loved one is safe while you are away or unavailable. There are many technology resources available. Explore options that might meet your family needs such as [Arlo](http://Arlo), [Pillsy](http://Pillsy), [Ring Alarm Kit](http://Ring Alarm Kit), and [Wallflower](http://Wallflower)

**Social Media** can help you find resources and stay connected to family and friends. Using personal technology computer, tablet, smartphone to access [Facebook](http://Facebook) and [Instagram](http://Instagram) provides access to easy to use social media platforms.

**State Assistive Technology Projects** provide a listing of statewide programs helping people with disabilities and their families select and acquire assistive technology devices for all types of settings [ataporg.org](http://ataporg.org).

**Video Chat** involves using [FaceTime](http://FaceTime), [Skype](http://Skype), [Duo](http://Duo) or other video chat technology to check in with a caregiver who is not home.

## ELIGIBILITY SPECIFIC

*Formal eligibility-based respite programs, as well as other kinds of support the caregiver or care recipient may be eligible for based on age, income, diagnosis, or other criteria.*

**Aging and Disability Resource Centers / No Wrong Door System** to access long-term services and support LTSS options for older adults and individuals with disabilities. [acl.gov/programs/connecting-people-services/aging-and-disability-resource-centers-program-no-wrong-door](http://acl.gov/programs/connecting-people-services/aging-and-disability-resource-centers-program-no-wrong-door)

The **Eldercare Locator** can help you find local aging, respite and family caregiver support services including your local Area Agency on Aging or Senior Center and additional resources. [eldercare.acl.gov](http://eldercare.acl.gov)

**ARCH National Respite Locator Service** provides a search engine of local respite programs and providers serving family caregivers of individuals with any disability or chronic condition, or of any age. [archrespite.org/respitelocator](http://archrespite.org/respitelocator)

**State Lifespan Respite Care Programs or State Respite Coalitions** often maintain respite provider registries for children and adults or can help you find respite; support community and faith-based respite services; and may have funds to help pay for respite. Find contact information at [archrespite.org](http://archrespite.org).

## ELIGIBILITY SPECIFIC, continued

**The Exceptional Family Member Program EFMP** provides respite care for military family members with special needs including children and adults. To learn more, visit [militaryonesource.mil/family-relationships/special-needs/exceptional-family-member](https://militaryonesource.mil/family-relationships/special-needs/exceptional-family-member) or contact Military OneSource at 1.800.342.9647 and ask for a referral to a special needs consultant.

**Child Care Aware of America** partners with agencies near Navy and Air Force military installations to ensure families receive quality respite services. [childcareaware.org](https://childcareaware.org)

**Medicaid Waivers that Support Respite** are the largest federal source of funding for respite. To see eligibility criteria and types of respite that are supported in your state by various waivers, visit this interactive map: [archrespice.org/respitelocator/respice-locator-service-state-information-map](https://archrespice.org/respitelocator/respice-locator-service-state-information-map)

The **National Adult Day Services Association** can help you find local adult day services at [nadsa.org/locator](https://nadsa.org/locator) and you can find more information for caregivers at [nadsa.org/consumers](https://nadsa.org/consumers)

**Programs of All-Inclusive Care for the Elderly PACE** helps meet the health care needs of older adults in the community including home health and adult day primary care which could help with respite needs. [medicare.gov/your-medicare-costs/get-help-paying-costs/pace](https://medicare.gov/your-medicare-costs/get-help-paying-costs/pace)

**State-Funded Developmental Disabilities Programs** provide an array of services and supports for people with intellectual and developmental disabilities including respite care and family support. To see what is available in your state go to [nasdds.org/state-agencies](https://nasdds.org/state-agencies)

**U.S. Department of Veterans Affairs** through **Geriatrics and Extended Care - Respite Care** [va.gov/GERIATRICS/pages/Respite\\_Care.asp](https://va.gov/GERIATRICS/pages/Respite_Care.asp) and **VA Caregiver Support** [caregiver.va.gov](https://caregiver.va.gov) provide information on respite and caregiver support services for veterans and their families.



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