

Spectrum of possible respite services for parents & other family caregivers - for faith communities.

Respite = short, intermittent break from 24 hr care giving of someone with special needs.
Cg = family caregiver (parent, spouse, child, sibling, friend) who provides that 24 hr care.

INCLUSION	↔ ↔	SPECIAL GROUP OR INDIVIDUAL CARE	↔ ↔	IN-HOME RESPITE
<p>Loved one participates in "typical" activities (while cg does own activity.)</p> <p>Person with dementia, autism, or other special needs who wanders or paces during a class or worship service, is "shadowed" by volunteer who takes them out as needed, then later brings them back to cg. Same for someone who is disruptive verbally or is just restless.</p> <p><i>Volunteers enable cg to get ready at home, going to the home to "watch" the loved one while caregiver dresses &/or helps get loved one into the car, push w/c, drives them, etc.</i></p> <p>Loved one included in regular adult or child day care, mothers or caregivers morning out.</p> <p><i>Outside the box ideas: No adult day program but you have something for kids? Adult w/ early dementia, who enjoys children, could be enrolled in mother's morning out as a "volunteer" & helped by "shadow" to spend time w/ kids.</i></p>		<p>Loved one cared for outside of home.</p> <p><i>Adult or child partial day care: created for the need of particular group, such as socials for adults with disabilities or Alzheimer's social day programs.</i></p> <p>Special Programs: sports, youth groups, or other programs for people with disabilities, programs for teens with emotional disorders.</p> <p><i>Respite co-ops (cgs. take turns caring for kids together, supplemented by volunteers, & some parents leave when not their turn.)</i></p> <p>Respite during support groups. Cgs more likely to come if respite on-site near meeting.</p> <p><i>Mentors/buddies take loved one out to activity.</i></p> <p>Summer/afterschool programs for children with special needs who are out of school.</p> <p><i>Parents/cgs helped to "trade" care giving & person w/ special needs spends time with peer.</i></p>		<p>Loved one cared for at home, with cg present or out. (Must first build trust.)</p> <p>Care teams come in - several individuals take turns providing care, w/ one coordinator to recruit & train new volunteers, assess needs, keep shifts/ assignments manageable.</p> <p><i>Benevolence fund: Congregation funds respite for sitter of the family cg's choosing ... buys gas or a plane ticket to enable friend or family member with limited means to come & give their time to take over from cg.</i></p> <p>Visitors, who bring flowers or service bulletin/tapes, expand time commitment by a short time each week so cg can shower, walk...etc.</p> <p><i>Buddies help with homework, play cards, walk, bring food/eat, spend time with loved one.</i></p> <p>Trade respite services with another congregation that worships at a different time.</p> <p><i>Volunteer helps cg to locate respite or sitter, and perhaps to hire and train respite provider.</i></p>