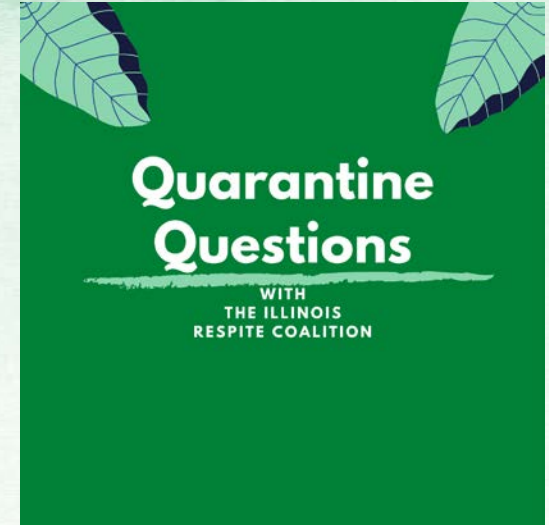


Illinois Respite Coalition

Quarantine Questions:

- An easily accessible way to communicate with families and public via Facebook and Twitter
- Over 40 posts regarding online resources such as programs, live streams, caregiver resources and activities
- A way we built partnerships by sharing content of other organizations
- Interactive option: allows for messaging, comments and likes so we can see what content people engage with the most
 - All our Quarantine Questions compiled [here](#)



Illinois Respite Coalition

Navigating the New Normal:

- Shift from Quarantine Questions in order to give people content that lined up with current events
 - Discussing the reopening, these unprecedented times, changing resources

Motivational Posts:

- Acknowledging that caregivers are swamped with information, advice and referrals
 - The importance of becoming a space not only for information but for “pick-me-ups”
- Multi Faceted approach to address caregiver and I/DD needs





Illinois Respite Coalition

Family/ Worker Thank-Yous:

- Taking the time to not only address our more general office, but also address those working within our grant-funded program
 - Curating content that is inclusive but also discusses our role in Illinois as a respite provider and hub of information



The IRC is here for you
RESPIRE SERVICES AND SUPPORTS AVAILABLE

WHAT CAN THE IRC DO TO HELP?
During this time, respite care is more needed than ever for caregivers with loved ones diagnosed with an intellectual/developmental disability

- Provide in-home respite services to eligible families living in the following counties: Bond, Champaign, Christian, Clark, Clinton, Crawford, Cumberland, Dewitt, Edgar, Effingham, Ford, Jasper, Macon, Marion, Mason, Montgomery, Moultrie, Richland, Wash.
- Useful links to programs, information, and services statewide
- Respite care will be provided in order to promote safety and well-being during COVID-19 pandemic

For more information contact us
email: illrespitecoalition@gmail.com
phone: 630-267-4479

CLICK THE ICONS TO FOLLOW AND GET UPDATES AND ADDITIONAL RESOURCES

Free Online Program through NSRA

Looked here you will find the latest research, innovative, associated activity center. Through their center they not only have all activities and videos created to assist but they also have a guide for weekly Zoom program. Zoom program is available to all who interested with all the resources and links which they can. It is an amazing tool everyone should look

Outreach:

- The IRC similarly used our social media, connection with parent groups to conduct outreach get the word out
 - shares/ comments allowed us to directly work with those interested

Illinois Respite Coalition

Let us help.

We know that with summer around the corner, getting additional resources and help is on many caregivers' minds. We are here to help you.

What we can offer you:

- Free in-home respite services for your loved with an intellectual/developmental disability
- We serve: Bond, Champaign, Christian, Clark, Clinton, Crawford, Cumberland, Dewitt, Edgar, Effingham, Ford, Jasper, Macon, Marion, Mason, Montgomery, Moultrie, Richland, Washington
- Information and referral services statewide is across the lifespan
- Linkage to free online resources and activities daily via Facebook, Twitter and our website

For more information contact us!
email: illrespitecoalition@gmail.com
phone: 630-267-4479
website: www.illinoisrespitecoalition.org

Facebook icon, Twitter icon