



Precious Time

JAMES MADISON UNIVERSITY CLAUDE MOORE PRECIOUS TIME

A pediatric respite care program giving families of children with disabilities and special healthcare needs a break from the demands of caregiving.

WHAT WE DO

Nursing and Health & Human Service students provide respite care as part of a supervised student-learning experience. The service is free to families who, in turn, help educate the students by sharing their experiences raising a child with disabilities.

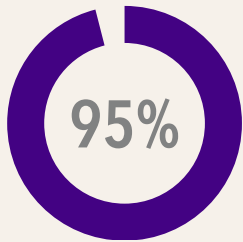
Students and families form trusting relationships, and the **precious time** parents receive allows them to reconnect with themselves and with one another.

OUR GOALS

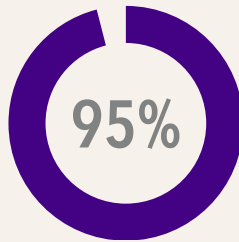
Claude Moore Precious Time (CMPT) accomplishes three important goals:

- 1. Students' gain knowledge**, experience and understanding when working with families of Children with Special Healthcare Needs in home-based settings;
- 2. Parents receive short breaks** from daily responsibilities and demands, through individualized, trust-based respite care; and
- 3. Parents share their expertise** about their child and about special needs more generally in ways that build their own advocacy skills and contribute to student competence and confidence.

OUR RESULTS



95% of caregivers felt as if they had a break.



95% of caregivers felt their children benefited from the student visits.

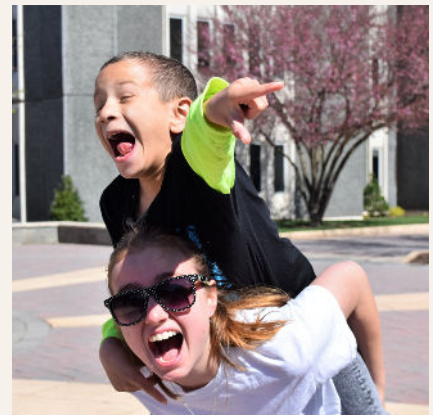


100% of caregivers felt their students demonstrated an openness to learn from them and their family.



SINCE 2005...

- CMPT has supported 237 families
- educated 3,038 students, and
- provided 39,508 student hours of free respite care.



"The students who participated were absolutely amazing. They all asked a lot of constructive questions if they had any and were very open to learning about neurodiversity and how it affects our family."

-Parent of an 11-year-old child with disabilities

Caregivers' insights have the potential to inspire and educate others, ultimately improving the support provided to individuals with disabilities and their families. We hope to empower caregivers to share their wealth of valuable experiences and participate in meaningful speaking opportunities.

- Of the 55 families who participated in our program last semester, 17 caregivers expressed interest in sharing their stories through presentations aimed at educating students and helping professionals in the community.

"During respite care I used the time to run errands, take our other children to therapy/appointments/ extracurricular activities. I absolutely benefited from having the students visit. We have A LOT going ... and sometimes it is hard to take G with me. He gets nervous in certain situations and it is also hard to give my other children the one-on-one attention they deserve since G requires 100% at all times. One of the visits, my husband and I were BOTH able to go to our oldest son's karate class — we have never been at the same time before that day and it was incredible."

-Parent of an 8-year-old child with disabilities

OUR EVALUATION TOOLS ¹

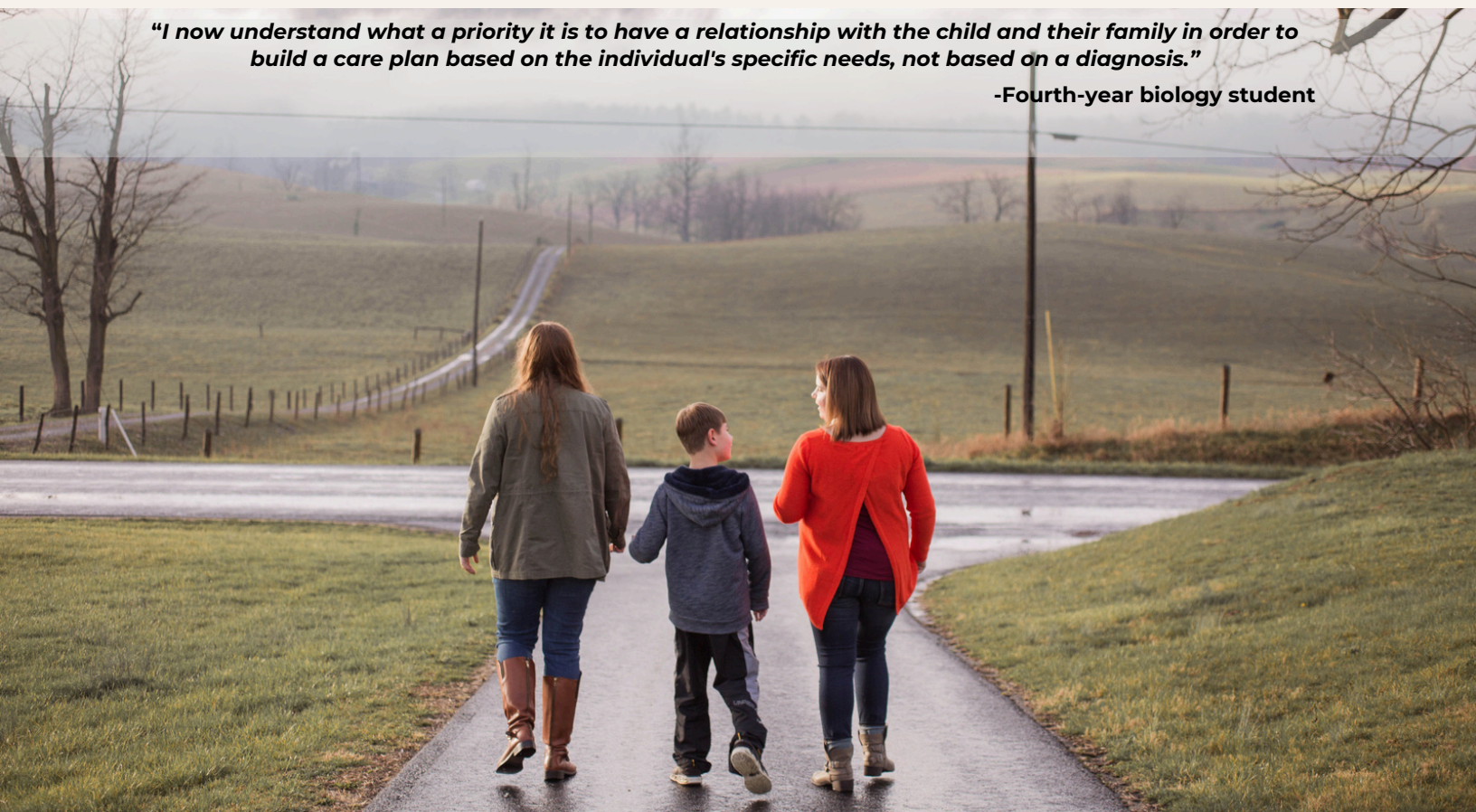
Care Plans are completed by students in collaboration with caregivers at the initial meeting. Care Plans help families and students establish goals for respite and understand the child's special health care needs.

Reflection papers serve as a tool for students to intentionally consider the impact that their respite care experiences have had on them as a developing professional.

Caregiver surveys allow families to reflect on their respite experience each semester. Caregivers often provide feedback on the students they worked with, the impact the respite had on them, and what they did with their time.

"I now understand what a priority it is to have a relationship with the child and their family in order to build a care plan based on the individual's specific needs, not based on a diagnosis."

-Fourth-year biology student



¹ *Claude More Precious Time* was recognized by the ARCH National Respite Network and Resource Center as an Innovative and Exemplary Respite Service in 2019, and was part of the [Exemplary Respite Services Evaluation Initiative](#). For details of the evaluation tools used, contact Hyuntae Kim, kim58hx@jmu.edu