



Hispanic view on Respite

By Maria Gutierrez



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Providing:

- Professional Training
- Technical Assistance
- Direct Assistance for Home, Community, and School
- Public Education



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Parent of an autistic young individual

Family Caregiver of my son, mother / MIL

Mexico, California

**Parent Mentor (FFREC) & BOD Santa Clarita
Autism Asperger Network (SCAAN)**

2012 – Alabama

LCARA

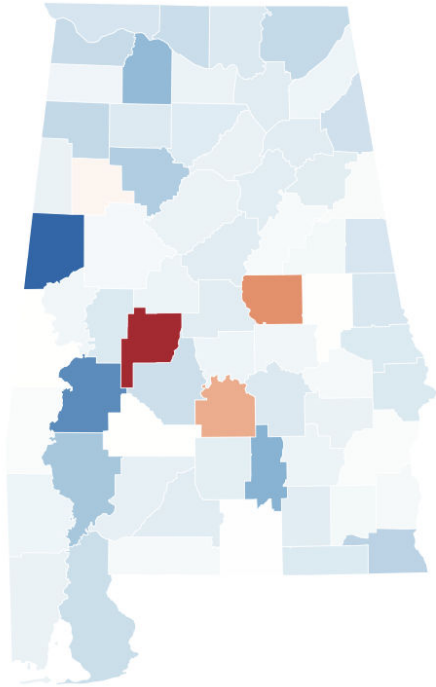
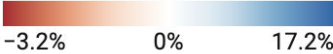
Family Navigator at AU-RAN Region IV

Councils , Alabama Lifespan Respite Coalition

SOLACE Respite Program - Auburn

Change in Hispanic population by county (2021-2022)

The percent change in Hispanic population in each Alabama county from July 1, 2021 to July 1, 2022.



Map: Ramsey Archibald • Source: U.S. Census Bureau • Get the data • Created with Datawrapper

<https://datawrapper.dwcdn.net/wzKdB/2/>

| State of Alabama | | | | | | | | | | | | | | | | | | | | |
|---|-------|-------|-----------|--------|-------|-------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| Department of Education | | | | | | | | | | | | | | | | | | | | |
| EDSERPR24 Count of Children by Age (3-21) by Exceptionality | | | | | | | | | | | | | | | | | | | | |
| October 2023 Child Count | | | | | | | | | | | | | | | | | | | | |
| Exceptionality | Age 3 | Age 4 | Age 5NotK | Age 5K | Age 6 | Age 7 | Age 8 | Age 9 | Age 10 | Age 11 | Age 12 | Age 13 | Age 14 | Age 15 | Age 16 | Age 17 | Age 18 | Age 19 | Age 20 | Age 21 |
| State Totals | | | | | | | | | | | | | | | | | | | | |
| Autism | 354 | 505 | 56 | 666 | 974 | 970 | 973 | 1,052 | 954 | 863 | 863 | 829 | 763 | 758 | 673 | 617 | 335 | 127 | 65 | 8 |
| Deaf-Blindness | 1 | 0 | 1 | 1 | 0 | 2 | 1 | 0 | 1 | 2 | 1 | 2 | 2 | 2 | 1 | 1 | 0 | 1 | 0 | 0 |
| Developmental Delay | 620 | 806 | 110 | 989 | 1,116 | 1,081 | 814 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Emotional Disability | 0 | 0 | 0 | 5 | 8 | 35 | 44 | 66 | 60 | 104 | 121 | 115 | 141 | 125 | 122 | 104 | 35 | 6 | 5 | 0 |
| Hearing Impairments | 28 | 22 | 5 | 31 | 37 | 57 | 65 | 47 | 59 | 65 | 72 | 63 | 71 | 69 | 72 | 57 | 31 | 6 | 2 | 0 |
| Intellectual Disability | 0 | 0 | 0 | 2 | 44 | 144 | 286 | 503 | 599 | 653 | 685 | 643 | 685 | 716 | 695 | 611 | 436 | 185 | 114 | 13 |
| Multiple Disabilities | 16 | 7 | 2 | 14 | 41 | 50 | 45 | 96 | 113 | 116 | 111 | 106 | 93 | 126 | 118 | 99 | 97 | 74 | 47 | 12 |
| Orthopedic Impairments | 21 | 15 | 0 | 18 | 28 | 19 | 33 | 33 | 33 | 38 | 25 | 34 | 36 | 45 | 33 | 25 | 17 | 11 | 5 | 1 |
| Other Health Impairments | 73 | 108 | 21 | 146 | 402 | 600 | 883 | 1,213 | 1,327 | 1,314 | 1,401 | 1,311 | 1,294 | 1,276 | 1,188 | 944 | 365 | 55 | 30 | 2 |
| Specific Learning Disabilities | 0 | 0 | 0 | 2 | 132 | 829 | 2,296 | 3,728 | 4,285 | 4,390 | 4,177 | 4,209 | 4,150 | 4,087 | 3,846 | 3,305 | 1,650 | 179 | 17 | 4 |
| Speech or Language Impairments | 578 | 1,245 | 172 | 2,233 | 3,656 | 3,362 | 2,629 | 1,844 | 1,208 | 781 | 516 | 315 | 250 | 157 | 117 | 88 | 51 | 2 | 0 | 0 |
| Traumatic Brain Injury | 2 | 2 | 1 | 8 | 10 | 17 | 8 | 14 | 14 | 14 | 19 | 19 | 15 | 23 | 22 | 17 | 15 | 2 | 2 | 0 |
| Visual Impairments | 5 | 12 | 0 | 10 | 13 | 19 | 34 | 32 | 33 | 39 | 39 | 37 | 47 | 43 | 40 | 46 | 19 | 10 | 0 | 1 |
| LEA Total Disabilities | 1,698 | 2,722 | 368 | 4,125 | 6,461 | 7,185 | 8,111 | 8,628 | 8,686 | 8,379 | 8,030 | 7,683 | 7,547 | 7,427 | 6,927 | 5,914 | 3,051 | 658 | 287 | 41 |
| Gifted | 0 | 0 | 0 | 0 | 7 | 56 | 4,643 | 5,658 | 5,750 | 5,356 | 5,639 | 5,615 | 5,740 | 6,078 | 5,835 | 5,721 | 788 | 16 | 3 | 0 |
| Total Special Education | 1,698 | 2,722 | 368 | 4,125 | 6,468 | 7,241 | 12,754 | 14,286 | 14,436 | 13,735 | 13,669 | 13,298 | 13,287 | 13,505 | 12,762 | 11,635 | 3,839 | 674 | 290 | 41 |

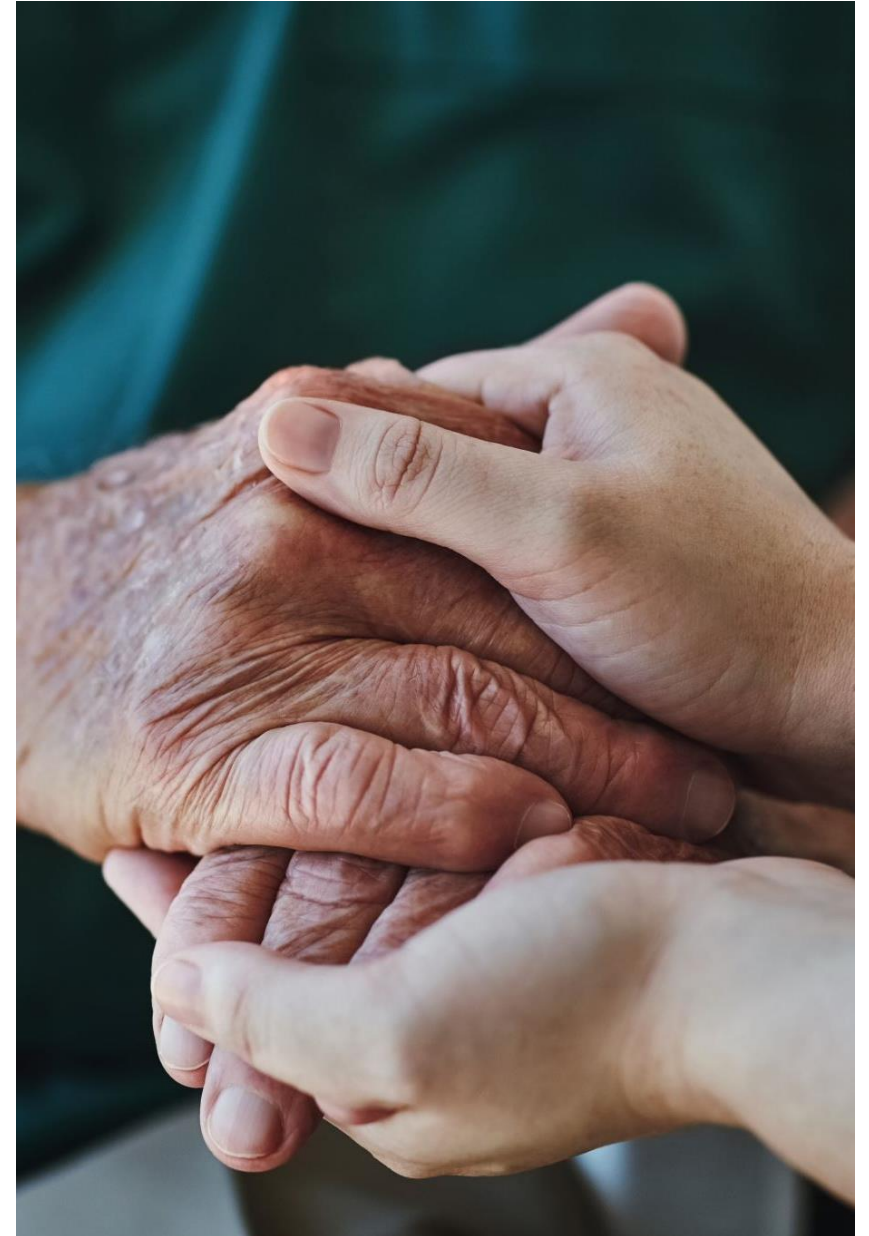
https://www.alabamaachieves.org/wp-content/uploads/2024/02/RD_SPECED_20240220_2023-Child-Count-by-Age-and-Exceptionality_V1.0.pdf

*** Hispanic caregivers reported higher levels of caregiver burden**

*** Lower levels of quality of life, lower levels of physical health**

*** Higher levels of bodily pain, and higher levels of depression**

(Arévalo-Flechas et al., 2014).



Challenges & Barriers

Language Barrier

Poverty

Racial Discrimination

Lack of Understanding

Transportation

Lack of Education

State Programs (X)

Fear of Deportation

Own Mental Health

Cultural Values

Familism

Marianism

Machismo

Respect

Dignity

Personalism

Taking Action

- **Customized flyers, materials for different cultures**
- **Connect Caregivers with Agencies**
- **Faith Base Organizations**
- **Expanding Respite to Rural Communities**
- **Engage College /Universities Students**
- **Advocacy**
- **Transportation Issues**
- **Encourage Recreational**



Sources

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Questions

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