



Stellar Care: A Constellation of Support at JAFCO's Children's Ability Center

Presented by:

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1. Discuss the impact and importance of Respite Care
2. Understand the Constellation of Care model
3. Identify innovative respite care approaches
4. Explore holistic, replicable strategies for family support

Session Objectives

A large, stylized blue planet with a ring system, set against a dark blue space background filled with numerous small white stars. The planet is the central focus, with its rings extending across the frame. The text 'JAFCO Overview' is centered over the planet in a white, sans-serif font.

JAFCO Overview

What is JAFCO?

- The JAFCO Children's Ability Center provides support to children with developmental disabilities, from birth to age 22, and their families.
- Founded in 2014 and located in Sunrise, Florida
- Our mission is to give every child a place to belong.



The background of the slide is a deep blue space filled with numerous small white stars. In the center, there is a large, textured blue planet with a prominent ring system, similar to Saturn. The planet and its rings are rendered in various shades of blue, from light to dark, creating a sense of depth and texture. The text is overlaid on this celestial scene.

Why Respite Care Matters

Objective 1: Discuss the Impact and Importance of
Respite Care

Defining Respite Care

- Respite care is a critical yet overlooked service for families raising children with developmental disabilities.
- Key Statistics & Research:
 - Whitmore & Snethen (2017) discuss that caregivers often spend over 36 hours a week providing direct care for their child with a developmental disability.
 - A study conducted by McKiernan et al (2018) identifies significant benefits of respite care not only for children, but for the entire family system as well.

Defining Respite Care (Cont.)

- McKiernan et al (2018) listed several benefits to respite, such as:
 - Opportunity for parents to spend time together
 - A break in the routine of caring for the child
 - Creating moments to bond with other siblings in the home
 - Allowing parents and caregivers to focus on their mental health

Defining Respite Care at JAFCO

- At JAFCO, respite care is offered in a variety of ways:
 - Weekend Respite
 - Overnight Respite
 - Respite Gap Camp (holiday breaks from school)
 - Major Holidays and School Closures (including inclement weather)
 - Shelter Respite
 - Parent Event Respite

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JAFCO's Constellation of Care Model

Objective 2: Understand the Constellation of Care Model

Overview of the Model

- The Children's Ability Center operates 24/7 with:
 - Personalized, trauma-informed, family-centered care
 - Culturally competent and highly trained staff
 - Low staff-to-child ratios



Wrap-Around Services Beyond Respite

- Additional supports integrated into the model:
 - Parent, Sibling, and Grandparent Support Groups
 - Mind Body Medicine Groups
 - Intensive Case Management
 - Enrichment Programs
 - Summer Camp
 - Educational Advocacy
 - Women's Wellness Retreat
- Respite care is most effective when paired with a broad range of family services.
- Wrap-around services have a larger impact on the greater community.

Wrap-Around Services Beyond Respite

- Lora Reyes (2024) states that wrap-around services can have the following benefits on families and the community:
 - Empower parents to build their toolbox and utilize their existing supports (proactive vs reactive approach).
 - Reduce stress levels, which can in-turn lessen the burden placed on healthcare due to proper management of conditions. (Champagne & Mongeau, 2022)
 - Lessen the burden of mental health providers which often have long waitlists and high out of pocket costs.

Reflection Question

What types of services do you offer at your agency that go beyond traditional respite care?

Case Study: The Real Impact



Like any parent that reaches out to JAFCO, Marie and Frantz were able to speak with a social worker on the very same day that they called.

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A Day in the Life of Respite Care at JAFCCO

Objective 3: Identify Innovative Respite Care Approaches

Typical Activities

- A typical day for a child at the Children's Ability Center:
 - Engaging art sessions (creative expression)
 - Outdoor play (social skills and physical activity)
 - Sensory play (exploration and development)
 - Group enrichment activities (collaborative learning)
- All of the activities above allow the children to further develop:
 - Social and life skills
 - Fine and gross motor skills
 - Communication and advocacy skills
 - Confidence and independence

02



February 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Lunch Schedule: Saturday February 1st & Sunday February 2nd: Pizza Saturday February 8th & Sunday February 9th: Hot Dog w/ French Fries Saturday February 15th & Sunday February 16th: Chicken Nuggets w/ Tator tots Saturday February 22nd & Sunday February 23rd: Mac & Cheese</p>					<p>1 Imagination Station: Pretend Play</p>	
<p>2 Imagination Station: Pretend Play</p>	<p>3</p>	<p>4</p>	<p>5</p>	<p>6</p>	<p>7 Barbie World Sleepover </p>	<p>8 Creative Chaos: Arts & Crafts </p>
<p>9 Creative Chaos: Arts & Crafts </p>	<p>10</p>	<p>11</p>	<p>12</p>	<p>13</p>	<p>14 Pizza Party Sleepover </p>	<p>15 Pizza Arts & Crafts & Edible Creations </p>
<p>16 Pizza Arts & Crafts & Edible Creations </p>	<p>17 No School Respite 9AM-4PM</p>	<p>18</p>	<p>19</p>	<p>20 Game On! Sleepover </p>	<p>21</p>	<p>22 Board Game Battles! </p>
<p>23 Board Game Battles! </p>	<p>24</p>	<p>25</p>	<p>26</p>	<p>27 Ice Cream Social Sleepover </p>	<p>28 </p>	



Parents/Caregivers are welcome to provide food from home for their child if they desire. Please be advised that our alternative, dairy-free food option is pasta with red sauce. If your child is scheduled for respite after 12:30PM please be advised that lunch will not be provided.

JAFKO is a nut-free facility



Therapy Dogs will be on site from 2PM-3PM for respite clients scheduled on those days

Typical Activities (cont.)

- A typical evening/overnight for a child at the Children's Ability Center:
 - 5:00 pm: Outdoor playtime
 - 6:00 pm: Dinner time
 - 6:30 pm: TV Time
 - 7:00 pm: Interactive play with peers
 - 7:30 pm: Bath, brush teeth
 - 8:00 pm: Book in bed and wind down
 - 8:30 pm: Bedtime





Key Takeaway

Each respite activity is thoughtfully designed to foster growth, connection, and joy in our children.

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Innovative Solutions and Resilience During Challenges


Objective 3: Identify Innovative Respite Care Approaches

Adapting During the Pandemic

- JAFSCO was able to innovatively maintain care during COVID-19 by:
 - Enhancing safety protocols
 - Streamlining scheduling and communication through technology
 - Offering continued emotional and social support for families

Case Study: Adapting During the Pandemic



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Lessons Learned and Replicability

Objective 4: Explore Holistic, Replicable Strategies for Family Support

Key Success Factors

- What makes the Constellation of Care model successful:
 - Trauma-informed, family-centered care
 - Integration of multiple services
 - Multi-disciplinary team
 - Flexibility to meet unique family needs

Replicable Strategies

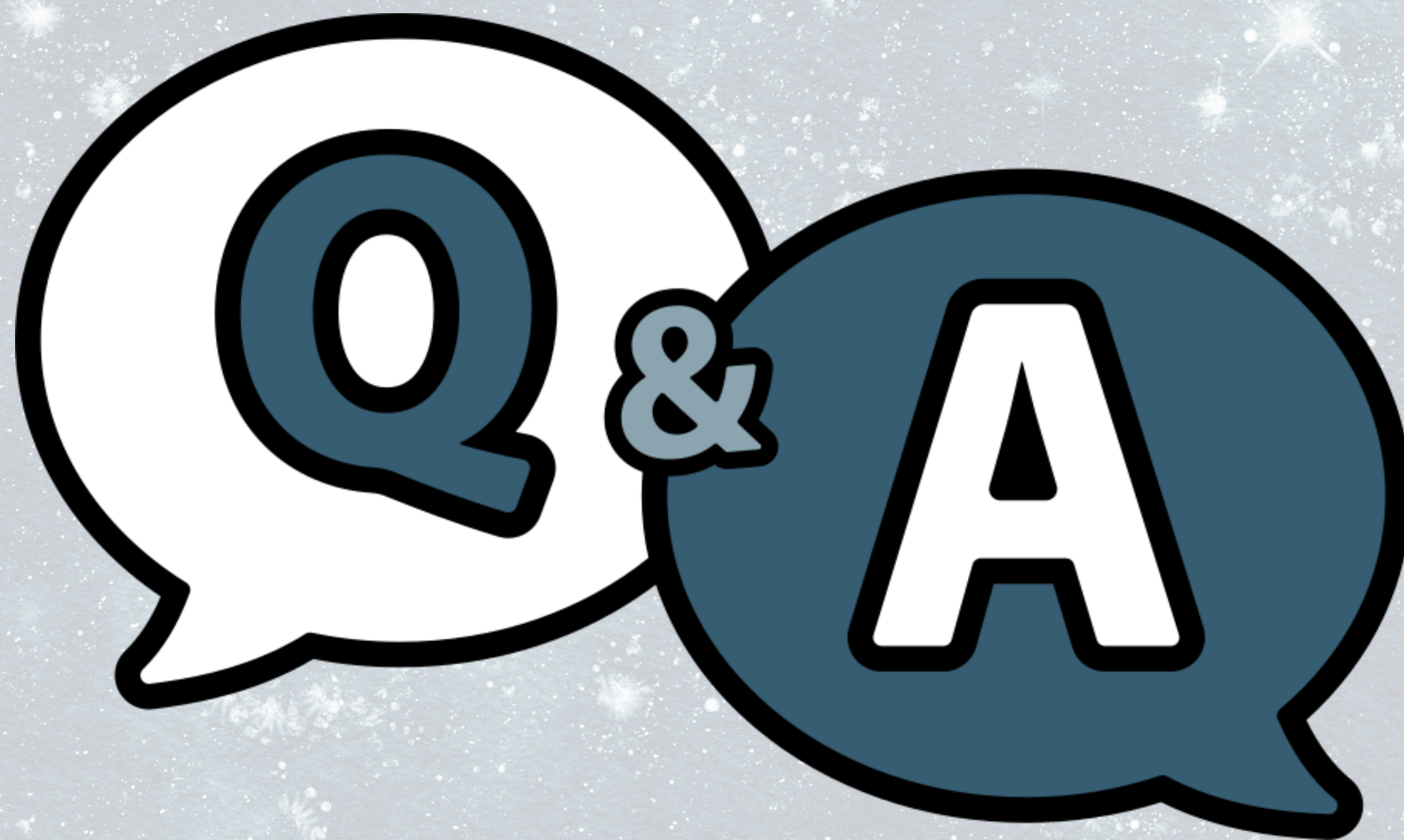
- 3 practical takeaways for attendees to implement in their own programs or settings:
 - Low-ratio, high-touch respite services tailored to individual needs
 - Holistic family support
 - Technology integration for scheduling and outreach

Reflection Question

How can you adopt some or all of these strategies to better support the families in your community?

A large, stylized blue planet with a textured surface and a prominent ring system, set against a dark blue space background filled with numerous small white stars. The planet is tilted, and the rings are also tilted, creating a sense of depth and rotation. The text "Q&A and Closing" is centered over the planet in a clean, white, sans-serif font.

Q&A and Closing



Closing Thoughts

By providing care for caregivers, we're empowering
entire families to thrive.

Contact Information

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