



Chapter Ten

Respite

Respite supports families by providing temporary care for a loved one who needs individualized care and assistance. Respite relieves the caregiver of their duties for a period of time, so that they can take a well-deserved break and time for themselves. Respite can last anywhere from an hour to a couple weeks and allows the caregiver to refresh and restore their energy. Not only is it beneficial for a caregiver, there are benefits for your child as well. It allows your child the opportunity to form new relationships with people outside of their everyday routines. It allows them to grow and develop in many ways.

10.1 Respite Funding

Community Living Service Delivery (CLSD) provides respite funding to families who are eligible through the Family Respite Benefit -- an income-tested, monthly financial benefit for parents or guardians of a child with an intellectual disability. In order to access this benefit, you will need to speak with a Community Services Worker (CSW) through CLSD about the needs of your child and family.

If a Daily Living Support Assessment (DLSA) has not yet been completed, the CSW will need to complete one for your child in order to determine what level of support they need. The CSW will also have to complete a Family Impact of Disability Assessment (FIDA) for your family. The amount of funding a family receives will depend on their financial need and the assessed level of disability impact, meaning that funding depends on how much support your child will need from a caregiver. The funding that families receive is a subsidy, so although the program is very helpful, it may not cover the full cost of the respite you are seeking.

Tip: If you are not able to get the support your family needs through the respite program or your child does not meet the Community Living Service Delivery mandate, you may want to consider making a request through the Cognitive Disability Strategy (CDS).

10.2 Finding A Respite Provider

If you have funding from CLSD, but no respite worker, start by thinking about how you will advertise. Think of your child's needs and then think of some of the people who may be able to meet their needs. Sometimes educational assistants, home care workers, and day care workers would like extra work in their spare time. These people probably have CPR and other skills that would help ease your mind. You can put up posters in places where people will take notice (e.g. university bulletin boards). You can advertise on an online classifieds website or with local work placement agencies that include human service workers.

Choosing The Right Person

When you are interviewing and hiring a caregiver for respite, be sure to discuss expectations. First, talk about and agree on wages. If you want your other children to be cared for as well, ask if they are comfortable with that. Let the caregiver know your expectations about eating habits, routines, toileting procedures, discipline, personal care needs, napping, bedtime routines, therapies, recreation, and guidelines for outings.



Respite Registries

A respite registry is a list of people who have expressed interest in being a respite provider. Information is captured within the registry such as availability and interests. It is then up to parents to interview, hire and train the respite provider. If you live in a larger centre such as Saskatoon or Yorkton, you may be able to find a caregiver on a respite registry. Some Inclusion Saskatchewan branches such as CLASI in Saskatoon create respite registries. Some agencies assist with this as well such as Yorkton's SaskAbilities branch.

Saskatoon Respite Registry	(306) 652-9111
Yorkton Respite Registry	(833) 444-4126

10.3 Summer and Holiday Respite Programs

When asked about summer activities, many parents said that they enrolled their children with disabilities in summer programs. Sometimes the only reason that children with disabilities have not been included in programs is because it has not yet been tried. Various accommodations can be made for children to attend summer programs. Libraries, schools, community centres, the health regions, the YMCA, and recreational centres put on a variety of programs.

Summer camps are another possibility for children with intellectual disabilities. If your child needs more support than these programs can offer, you may be able to use some respite funding to send a support worker with your child to the summer program or camp. Several Inclusion Saskatchewan branches offer summer programs for children and young adults.

10.4 Funding For Respite Projects

If you have a great idea for a respite space, an after-school care program or other programs that could benefit your child, put together a project proposal and seek out funding. Funding for these types of projects can be found via:

- The Government of Saskatchewan (Ministries of Education, Health, or Social Services, or SaskCulture)
- City or Town Council
- Local Rotary Clubs
- Local Foundations such as the Kinsmen Foundation and Community Initiative Fund.
- Province-wide businesses such as Crown Corporations, large banks, credit unions, and grocery chains

Tip: If you are having trouble figuring out funding proposals, or just need some advice, ask a fundraising person at a non-profit organization. People who work in fundraising know how to locate funding for projects, and have experience with writing proposals.