

## **Group Respite**

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Respite care gives families temporary relief from the challenges of caring for a child with special needs. It aims to strengthen the family unit by allowing families to rest, tend to life's necessities or to deal with stressful situations. Respite is not a luxury, but rather essential for a family's well being. It can prevent parents from becoming stressed and fatigued to the point where they can no longer cope with the special needs of their child or other family members.

### **Why Respite Care?**

- To support children with special needs and their families.
- AdaptAbilities takes a holistic approach which provides learning opportunities by focusing on 3 components: Motor Development, Expressive Arts, and Essential Life Skills.
- Respite enhances quality of life, promotes psychological health, and preserves family and care giving relationships.
- Respite care alleviates the stress of care giving and prevents out-of-home placements

### **What are the Benefits to Group Respite?**

#### ***Benefits to the Child:***

- · Opportunities to socialize with people outside of their families
- · Meet other children and develop lasting friendships
- · Participation in community activities
- · Growing independence through new learning experiences
- · Strengthens family relationships and maintains the family unit
- · Safe, Quality Care
- · Opportunities for new experiences
- · Reduces out of home placements
- · Opportunity to interact with others in a structured environment
- · Place to Grow, Succeed, and Belong!

#### ***Benefits to the Parent/Caregiver***

- · Prevent caregiver burden
- · Opportunity for a break
- · Opportunity to devote time to other family members and friends
- · Opportunity to participate in community activities
- · Additional relief and support and care options during stressful times
- · Prevent health and social consequences related to burnout and stress
- · Allows caregivers to continue to work outside the home



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