Anchoring A Service Delivery System For Families Through Respite Care
**Introduction**

- **Data from local community center board**
  - Entry point for identifying Medicaid waivers
  - Respite is most requested services by families with children with disabilities

- **Special Kids Special Families (SKSF)**
  - Non-profit serving population with disabilities & special needs
  - Mission: Promote, Strengthen and Support individuals with disabilities & their families

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SKSF Programs

- **Adult Services**
  - Day Programs: Community activities & classroom based
  - Residential & Respite Care: Home settings providing supports in community living

- **Therapeutic Foster Care & Respite Care**
  - Supporting child welfare & behavioral health system with certified homes

- **Zach’s Place Center**
  - Licensed respite & child care center
  - Serving youth ages 5-21 in facility
  - Serving 0-21 years in home based care
Zach’s Place Center

- Child & Respite Care
- Licensed Day Care
- Home Based Care
- Life Skills Classes for Youth
- Transportation
- Parent Networking Groups
- Advocacy for Parents during IEP Meetings
- Sibshops®
- Koscove Kids Community Education
Respite
A Foundation to Meet the Needs of Families

Maslow Model of Hierarchy of Needs

▲ Respite Care can meet foundational need for family unit

▲ Abraham Maslow’s Psychological Theory references people as being motivated to achieve needs

▲ When one need is filled, person will be motivated to achieve higher need

▲ Premise: a person must meet a lower need to progress to meet higher needs

▲ Progress can be disrupted by failure to meet lower needs

▲ Stressful situations can cause disruptions in meeting needs (caring for a family member with a disability, divorce, death)
Our History

- **Two Founding Mothers**
  - Caring for children with disabilities
  - Realized unless basic needs were met, caregivers couldn’t provide for other family members or themselves

- **Zach’s Place began respite care in 1999**

- **Licensed as child care**

- **Licensing Challenges**
  - Staff qualifications
  - Equipment expectations
  - Overnight care
Our Growth

- Included a view of Maslow’s basic hierarchy of needs involving physiological & safety tiers

- By making the program:
  - Affordable, flexible & accessible
    - Cost based on family finances
    - Creative scheduling
    - 24/7 approach
    - Transportation
    - Home based

- Basic needs are met and higher needs can be addressed:
  - Expand into services for other family members
  - Expand respite to low income & military families
Additional SKSF Programs

- **Home Based Care – Trenton’s Friends**
  - Serving more medically fragile youth
  - Youth with high aggression
  - Providing care that’s least disruptive to child’s schedule

- **Transportation**
  - Before & after school: Zach’s Place & to the Home
  - Connecting children to community activities
Additional SKSF Programs

- **Advocacy**
  - Providing parents with information & resources
  - Attending IEP’s to support parent & child to have a voice
  - Partnering with schools, parents & children with consistency in approaches to behaviors & child needs

- **Parenting Network**
  - November is the first group
  - Connecting parents to each other
  - Educating parents
Social Nights

• A safe place to have fun
• Volunteers & community participate
• Modeling & teaching social skills
• Introducing new activities
• Inclusion for youth to engage in activities that other typical youth engage in
Koscove Kids Puppets

• Provides advocacy & education
• Provides a forum for children to ask questions about disabilities
• Focus on bully prevention
• Involves community
  - Business sponsors
  - Events
  - Volunteerism
• Fun way to educate
Sibshops®

- Designed for siblings with a brother or sister with a disability or medical condition
- Meet other sibs
- Fun action packed activities
- Co-sponsored by the ARC of the Pikes Peak Region
- Celebrate highs & lows
Respite Care

How respite meets basic needs:
• Flexible
• Affordable
• Accessible
• Competent Staff
• Safe

When physiological needs are met
Safety

- Safe facility
- Puppets teach safety
- Life skills training teach safety
- Safe transportation
- Competent trained staff
- Communication with parents
- Opportunity to provide for parents needs
Love & Belonging

- Network parent group
- Community based activities
- Sibshops helping connect siblings
  - Collaboration with the ARC of the Pikes Peak Region
- Social Nights to make friends
- Interaction with parents & staff in understanding their child
Esteem

- Networking groups used to educate
- Advocacy resources
Self-Actualization

• Parents being able to help out one another
• Puppets using community members to increase awareness

What a man can be, he must be. This need we call self-actualization. Abraham Maslow
Building the Foundation
For Meeting the Needs of Families in YOUR communities

• Assess the needs in your community
• Use a Respite Care Program as your foundation
• Collaborate with other organizations
Special Kids Special Families

Promote . Strengthen . Support
Individuals with Disabilities & their Families