


# COLLABORATIVE RESPITE CARE:

A Team Approach for Children and Adults in Families  
Coping with Serious Illness

DiAnne Mueller, LPC, and Chris Frey, LCSW



**“SERIOUS ILLNESS IS AN  
EXTRAORDINARY  
CHALLENGE. IT CALLS FOR  
EXTRAORDINARY  
RESOURCES.”**

**Chris Frey, LCSW**

# THREE MESSAGES OF FAMILY EMPOWERMENT

**As professionals we have the opportunity to communicate throughout the journey:**

- **You are not alone**
- **More than a client, survivor, or caregiver, you are a member of the team**
- **We will create and utilize the optimal medical, physical, emotional, and spiritual care team available**

# LEVELS OF COLLABORATION

**SPIRITUAL**

^

**COMMUNITY**

^

**AGENCIES/CLINICS/PROFESSIONALS**

^


**FAMILY OF CHOICE**

^

**FAMILY OF ORIGIN**

^

**SELF**




**“THE STRENGTH BASED  
APPROACH RECOGNIZES PAIN  
WHILE FOCUSING ON  
PROMISE AND RECOGNIZES  
HURT WHILE FOCUSING ON  
HELP.”**

**MINNESOTA DEPT OF HEALTH, 2008**

# **SAINT LOUIS CRISIS NURSERY: COMPASSIONATE CARE PROGRAM**

- **How the SLCN Identified the Need**
- **Program Components**
  1. **Community Awareness and Outreach**
  2. **24 Hour Crisis Helpline**
  3. **Crisis Nursery Respite Care**
  4. **Family Empowerment- Aftercare**
  5. **Care Packages**
- **Creative Funding and Developing Partnerships**



**“THE REASON I USED THE SLCN WHEN I WAS AT MY LOWEST POINT IS BECAUSE I COULD TRUST YOU ALL AND BECAUSE YOU NEVER JUDGED ME; YOU NEVER GAVE UP ON ME. THANK YOU. THANK YOU.”**

**FORMER SLCN/CCP PARENT**

# COLLABORATIVE RESPITE CARE PRINCIPLES

1. **Professional and Natural Healers** are valued
2. **Formal and Informal Systems** are more than a necessity, they are **Preferred**
3. The view is **Holistic**: medical, physical, emotional spiritual, **social**
4. **Attitude Counts**: Asset Based Thinking
5. **Respect and Expect**




# PROFESSIONALS ARE PEOPLE, TOO

**‘...remember that (the professionals who are providing your care) left their families and challenges to come and provide you care today.’**

**Bernie Siegel, MD**

- **Awareness of and Tips for avoiding Compassion Fatigue**
- **Creating a Culture of Gratitude**



**“IN COMMUNITY, WE CAN LIVE OUR LIVES TO THE FULLEST. WE CAN BRING HOPE TO OTHERS IN NEED. WE CAN BE THE CAREGIVERS AND ADVOCATES FOR OTHERS WHEN THEIR TIMES OF CHALLENGE COME. WE CAN GO FORWARD WITH OPEN HEARTS.”**

**CHRIS FREY, LCSW**

**THANK YOU!!!**

