Redefining Respite

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Redefining Respite
Learning Objectives

- Reframe your current definition, concept and perspective of in-home respite services
- Reconsider options and guidelines for care within existing respite programs
- Recognize additional benefits of a respite program beyond alleviating caregiver stress
# Finding YOUR Perspective

<table>
<thead>
<tr>
<th>Provider</th>
<th>Recipient</th>
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<tbody>
<tr>
<td>– Funding Source</td>
<td>– Demographic</td>
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<td>– Program design</td>
<td>– Marketing</td>
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<td>– Recruitment</td>
<td>– Implementation</td>
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<td>– Training</td>
<td>– Relevance</td>
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<td>– Supervision</td>
<td>– Satisfaction</td>
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<tr>
<td>– Quality Assurance</td>
<td>– Sustainability</td>
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Fiscal Feasibility

Funding sources
Liability
Geography
Licensing
Legal constraints
Demographic

Age
Disability
Care needs
Licensing
Legal constraints
Philosophy

What is your Purpose?
Mission?
Vision?
Objective?
What do clients need?

- Personal Time
- Support
- Fun
- Break
- Friend
What will alleviate stress?

- Extra hands
- Time alone
- Community support
- Skills practice
What does respite offer the client?

- Choices
- Power
- Control
- Pride
- Self Esteem
More than just a Break

- Social
- Communication
- Safety
- Self-Care
- Shopping
- Academic
- Health
Where does respite happen?

- At Home
- At a Center
- In the Community
In the home

- Parent get away
- Time to focus on projects
- Time to rest
- Someone else to help with
  - Homework
  - Grooming
  - Meals
  - Meds
  - Bedtime
In the community

- Extra set of hands
- Alternatives
  - Faster, slower, frequent breaks, different focus
- Extracurricular activities
- Social opportunities
- Shopping
- Community integration
Building blocks of your Vision

- Clarify
- Develop
- Market
Developing your Vision

- Market research
- Hiring processes
- Training
- Supervision
- Feedback
- Quality Assurance
Making your Vision REALITY
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