Spectrum of possible respite services for parents & other family caregivers - for faith communities.

<table>
<thead>
<tr>
<th>INCLUSION</th>
<th>SPECIAL GROUP OR INDIVIDUAL CARE</th>
<th>IN-HOME RESPITE</th>
</tr>
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<tbody>
<tr>
<td>Loved one participates in “typical” activities (while cg does own activity.)</td>
<td>Loved one cared for outside of home.</td>
<td>Loved one cared for at home, with cg present or out. (Must first build trust.)</td>
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**Person with dementia, autism, or other special needs** who wanders or paces during a class or worship service, is **shadowed** by **volunteer** who takes them out as needed, then later brings them back to cg. Same for someone who is disruptive verbally or is just restless.

**Volunteers enable cg to get ready at home.** going to the home to “watch” the loved one while caregiver dresses &/or helps get loved one into the car, push w/c, drives them, etc.

**Loved one included** in regular adult or child day care, mothers or caregivers morning out.

**Outside the box ideas:** No adult day program but you have something for kids? Adult w/ early dementia, who enjoys children, could be enrolled in mother’s morning out as a “volunteer” & helped by “shadow” to spend time w/ kids.

**Adult or child partial day care:** created for the need of particular group, such as socials for adults with disabilities or Alzheimer’s social day programs.

**Special Programs:** Sports, youth groups, or other programs for people with disabilities, programs for teens with emotional disorders.

**Respite co-ops** (cgs. take turns caring for kids together, supplemented by volunteers, & some parents leave when not their turn.)

**Respite during support groups.** Cgs more likely to come if respite on-site near meeting.

**Mentors/buddies** take loved one out to activity.

**Summer/afterschool programs** for children with special needs who are out of school.

**Parents/cgs helped to “trade” care giving & person w/ special needs spends time with peer.**

**Benevolence fund:** Congregation funds respite for sitter of the family cg’s choosing ... buys gas or a plane ticket to enable friend or family member with limited means to come & give their time to take over from cg.

**Care teams come in** - several individuals take turns providing care, w/ one coordinator to recruit & train new volunteers, assess needs, keep shifts/ assignments manageable.

**Visitors,** who bring flowers or service bulletin/ tapes, **expand time commitment** by a short time each week so cg can shower, walk...etc.

**Buddies** help with homework, play cards/walk, bring food/eat, spend time with loved one.

**Trade respite services with another congregation** that worships at a different time.

**Volunteer helps cg to locate respite or sitter,** and perhaps to hire and train respite provider.

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