



CREATING CIRCLES OF SUPPORT

What is Respite?

Respite is a break for family caregivers, parents of children with special needs, and others whose loved ones are dependent for their care. Respite is short-term, temporary breaks, not to be confused with day care so we can work.

Working is not really respite. Yes, we get away, but do not get a rest. True respite is a time to do something for oneself while our loved one with special needs stays with someone else. It is time for a date, spending time with other children, getting a nights sleep, or going away overnight or on vacation.

Creating a circle of support is not easy, but IT IS ESSENTIAL to get enough breaks, since THERE IS NOT ENOUGH PUBLIC FUNDING for a few hours of respite, let alone full time day or home care.



Most of us want family members to help us. But even when family is near, you may need to ask for help. Do not say “they should not have to be asked.” Until you are a family caregiver yourself, you can’t understand. AS EARLY AS POSSIBLE ASK THEM TO COME, **BEFORE** A CRISIS!

REMINDE THEM THEY ARE SHOWING THEIR OWN CHILDREN WHAT WE DO WHEN SOMEONE IN OUR FAMILY NEEDS CARE! (You might have to ask: “What are your plans for your OWN care WHEN the time comes? If you’re counting on family, well...”)

