

Family Support: Respite Services

Respite care at Community Partners provides short-term care for a person with a developmental disability who lives at home with his or her family. Respite gives family members time to rest, recharge, and renew their energy. Respite also gives the family a chance to do everyday things such as shopping, enjoying a 'date night', going away for a vacation, visiting a friend, or just enjoying a few relaxing moments without worry or interruption.

Respite provides families with:

- A break, when they feel they need it, from the ongoing care-giving responsibilities.
- Support in continuing to care for the live-at-home family member with a developmental disability.
- Time to pursue personal interests or other obligations, or to have some time alone
- A means to support the family to stay together as a strengthened unit.
- Opportunities for all family members to form and sustain relationships outside the family.
- Anyone who lives with his or her family and is eligible for services at Community Partners through the Family Support or Early Supports & Services programs is eligible for respite support.

Respite Care Opportunities Available:

Community Partners is on the lookout for some good respite providers. If you are looking for extra income, and want to help a family in Strafford County, we can help. These are opportunities to spend time with people of all ages, with the benefit of a flexible schedule.

To learn more about respite, and what is available, you can call the Respite Coordinator at 603-516-9300.