

Respite

Getting a temporary break from caregiving can provide an opportunity for rest and renewal and can help you be a better caregiver. Explore options for getting a respite break from your parenting and caregiving responsibilities.

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Article

Respite and the Faith Community ~ Fact Sheet

The ARCH National Respite Network and Resource Center's fact sheet on Respite and the Faith Community provides information on how faith communities can provide or support respite services.

Source

[ARCH National Respite Network and Resource Center](#)

Article

Adult Day Services and Respite ~ Fact Sheet

The ARCH National Respite Network and Resource Center fact sheet on Adult Day Services and Respite provides a primer on how Adult Day Services provide an option for respite for family caregivers.

Source

[ARCH National Respite Network and Resource Center](#)

Links

American Camp Association: Find a Camp

Source

[American Camp Association: Find a Camp](#)

Article

Exploring Respite Opportunities and Options

The ARCH National Respite Network and Resource Center developed a summary of respite options outside of the formal respite services system.

Source

[ARCH National Respite Network and Resource Center](#)

Books & Guides

Charting the LifeCourse: Respite Guide

[Charting the LifeCourse: Respite Guide](#) is a unique resource that provides helpful information for caregivers. Being a caregiver can be both rewarding and challenging, so it's important for caregivers to take care of themselves.

Source

[Missouri Family to Family](#)

Article

Virginia Lifespan Respite Voucher Program

The Virginia Lifespan Respite Voucher Program provides reimbursement vouchers to Virginia caregivers for the cost of short-term respite care provided to individuals, of any age, with a documented disability or special need.

Source

[Virginia Department for Aging and Rehabilitative Services](#)

Books & Guides

A Practical Guide to Respite for Your Family

["A Practical Guide to Respite for Your Family"](#) is a valuable resource for family members of children with disabilities and chronic or terminal illnesses. This tool will assist you in finding different respite options that may be available in your community.

Source

[Partnership for People with Disabilities, VCU](#)

Article

9 Steps to Respite Care for Grandfamilies

Grandparents or relatives caring for grandchildren or other related children may face special challenges. Respite services can provide you with a much-needed break away from your caregiving responsibilities.

Source

[ARCH National Respite Network and Resource Center](#)

Article

9 Steps to Respite for Family Caregivers of Children and Adults with Intellectual and Developmental Disabilities

If you are a parent or family member providing support to a child or adult with an intellectual or developmental disability, respite services can provide you with a much-needed break away from your caregiving responsibilities.

Source

[ARCH National Respite Network and Resource Center](#)

Links

Charting the LifeCourse Respite Tools

These respite tools provide information on the importance of respite, tools for thinking about and planning for respite, and additional resources for finding informal respite in the community. Resource materials include a respite guide book, portfolio and other tools meant to help family caregivers caring for anyone of any age or disability to create a plan to access respite services whether within or outside of the formal services system.

Source

Pagination

- [Current page 1](#)
- [Page 2](#)
- [Next page >>](#)
- [Last page Last »](#)

Showing 1-10 of 20 Results