

Respite Care



What is Respite Care?

Respite care is a term used to describe short-term relief for primary caregivers.

Respite Care Settings:

Respite care can be provided in various settings, including the caregiver's own home, or daycare centers and day programs that may offer day and overnight stays.

Ways to Receive Respite Care:

Formal Respite Care

Certified Care Through the State/County

- Requires Qualifications that Differ Per County/State
- Will need a Case Manager to work with waivers you may qualify for
- Respite care is provided through certified foster parents
- Typically, care is provided for a few hours once to twice a week but is dependent on qualifications
- Usually in-home respite care, with opportunities to go into the community

To See if you Qualify for Respite Care for Your Child with Developmental Disabilities in Olmsted County:



Call - Number: (507)-328-6519

Day Programs:

This includes:

- Daycare
- Faith-based groups
- Schools
- Camps

** Day Programs may have different qualifications for your child to attend, costs based on stay length

** Day programs may have different levels of caregiver experience, certifications & business regulations

Informal Support Network

- No qualifications or certifications required
- Friends, family, or people around you
- Babysitter/Daycare

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Current Barriers to Formal Respite Care

- Accessing respite care services is a multi-step process, requiring a case manager to open waivers and assess your qualifications.
- To use respite care through your county, a respite care individual must be a certified foster parent.
- At this time there is a limited number of certified foster parents to best match your family and child's needs.

Solution:

- One solution shared by social workers in Olmsted County is to turn to and take a in-depth look at your informal support network.

See the next page for more detail & ways to consider your informal support network!

Current Barriers to Informal Respite Care

- Difficulties with finding people within my support network who are able to physically, mentally, and time-wise assist in providing respite care.
- Difficulties in finding right fit for a babysitter or day care to meet my child's needs
- A caregivers limited knowledge in how to provide care or understand my child's needs

Solution:

- One solution when facing difficulties with finding a good fit for a day care/babysitter is to have questions to ask about qualifications and knowledge that can assist in having a stronger fit for your child

Check below for more detail & questions to ask someone caring for your child!

Informal Support Network



With many barriers and limitations to access to respite care, one of the often best approaches for respite care support is someone's informal support network.

Informal support networks are individuals who provide natural support in our lives!

Who can be in my informal support network?

- One's informal support network can include:
 - Family
 - Friends
 - Acquaintances
 - Colleagues
 - Neighbors
 - Members of the community

When seeking respite care, you will be asked to identify someone whom you consider to be safe, supportive, and understanding of both you and your child. This person is typically a part of your informal support network and is often the first choice to provide respite care.

Feeling burned out can make it hard to reach out for support, but you might be surprised by how much others are willing to help if you ask. Even just an hour of support from someone else can make a big difference in your health and well-being.

“If they haven't asked – ask”; you may be surprised.

Different Types of Respite Support:



- Deliver a meal for you and your family



- Complete your laundry once a week



- Spend one hour at the house caring for your child so you can shower or complete an errand



- Driving your child to therapy service



- Having a neighbor help with any yard work

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Babysitting/Child Care



Every child is unique, and finding a babysitter or arranging child care can be a daunting task. The Rochester community offers several options, but it's not always easy to 'vet' them properly to ensure your child receives the quality care they deserve.

When searching for a babysitter, it's crucial to ask the right questions. This will help you gain a deeper understanding of a potential babysitter's knowledge, experience, and qualifications, enabling you to make an informed decision.

Questions to Ask:

What's your experience with neuro divergent kids?

A sitter or respite care provider with only experience with neurotypical kids may not be prepared for the challenges and realities of caring for your child. Ask the sitter or care provider about their experience with kids with specific examples of situations they may encounter.

What would you do if?

Providing what-you-would-do scenarios can be a good indicator of a sitter or care provider's judgment in a situation, which is essential, and several scenarios can happen. An example could include, "How would you handle a situation where you see my child getting upset and they throw a toy at you?" If you are considering daycare, it would be essential to follow up if they have consequences they enforce that may or may not align with how you approach your child in this scenario.

What's your safety training?

Every care provider should have CPR certification and first aid training; however, it is essential to ask and verify. Another question is whether they are comfortable providing medications or special diets if needed. Ask about training in approaches to behaviors responses.