

## Respite in the Community – Guide for Parents

### What is Respite?

- Respite's main function is to support the parent/family in caring for your child for a specific period of time while facilitating a positive and rewarding experience for your child with a disability.
- Respite is not a guaranteed service; it is based on available resources.
- Respite is based on assessed needs, availability of resources, and the dynamic and changing needs of your child and family.
- Respite hours cannot be banked or overtime used without prior discussion with your Community Services Worker and/or Resource Coordinator.

### Respite may be provided:

- In your home
- In the community in the form of a recreational/leisure outing
- Respite is not to be provided in Direct Service Provider's homes/private residences and it should only be provided by persons hired by our department.
- In exceptional circumstances other respite options may be available and should be discussed with your Community Services Worker.

### *Respite in the Community*

### How do I decide if outings are a good choice for my child and/or family? Some things to consider are:

- The age of your child
- Your child's ability to adjust to new experiences
- Your child's physical care needs and the ability to meet those needs outside the home
- Your child's hobbies, interests and energy level
- Transportation issues such as cost and safe transport (which remain parental responsibilities)

### What are some of the advantages of respite outings?

- Your child gets a change of routine
- Your child has an opportunity to socialize and develop relationships that promote independence
- You can focus on your other children and activities
- Your family does not need to leave your home, which may be less costly

### What are my responsibilities?

- Jointly develop an activity plan that will meet your child's needs (see Appendix B)
- Set time limits for outings that your child can comfortably manage (Outings should generally not be longer than 3 hours. With young children the outing may only involve a visit to the nearby playground with the remainder of respite being in your home)
- Cover all expenses for both the worker and your child related to outings

### What kind of outings will the Direct Service Provider take my child on?

- The activities that your child will participate in will be developed with input from you, your child and the Direct Service Provider. Some things to consider are your child's interests and abilities, energy level, age, and developmental goals, as well as cost for the activity.
- Outings cannot occur in the Direct Service Provider's home or other private residences.

### Can my other children attend the recreational outings with the Direct Service Provider?

- Direct Service Providers are only permitted to take your child with the disability on the recreational outing. A recreational outing can be an opportunity for you to spend some uninterrupted time with your other children.

### When should I call my Community Services Worker and when should I call the Resource Coordinator?

- You should call your Community Services Worker if your service care needs change and there is a need to discuss the level of respite care your child is receiving. Only a Community Services Worker can review your respite hours or change your respite care plan.
- You should contact the Resource Coordinator if you have any questions or concerns about your Direct Service Provider.

### Other:

- Families are encouraged to keep track of dates and hours of respite used.
- Direct Service Providers will be asking you to sign the "Respite Confirmation Form." Please only sign for the hours after respite has been provided.

ACKNOWLEDGMENT: \_\_\_\_\_ and/or \_\_\_\_\_ Parent Signature(s)

EFFECTIVE DATE: July 1, 2009

# Please Ensure a Healthy, Smoke-Free Environment For Your Health Care and Social Service Worker

Second hand smoke is dangerous. It contains more than 50 chemicals that are known or suspected to cause cancer, and also increases the risk of heart attack and stroke. Family Services and Housing (FSH) and the Winnipeg Regional Health Authority (WRHA) are committed to protecting our workers from the dangers of second hand smoke, so we're asking for your cooperation.

**If you are receiving health and/or social services in your home, we ask that you ensure a smoke-free environment for your social service worker/health care worker by following these guidelines:**

- ▶ Do not smoke inside your home for one hour prior to any home-based service you receive from FSH and the WRHA and
- ▶ Do not smoke during the visit
- ▶ Ensure other residents or guests in your home do not smoke during these times
- ▶ Before any home-based service, clear the air of smoke as much as possible by:
  - Turning on exhaust fans (e.g. kitchen, bathroom fans)
  - If weather permits, opening windows to air out any remaining smoke
  - Thoroughly putting out all cigarettes

*Thank you for your support of our FSH and WRHA workers.*

## Did you know...

- ▶ Second hand smoke is a combination of the smoke exhaled by a smoker and the smoke coming from the tip of a burning cigarette.
- ▶ Second hand smoke contains at least twice the nicotine and tar as the smoke inhaled by a smoker.
- ▶ Health Canada reports that second hand smoke contains more than 4,000 chemicals, over 50 of which are known, or suspected, to cause cancer.
- ▶ 93 per cent of what's in cigarette smoke is colourless and odourless.
- ▶ The more a person is exposed to second hand smoke, the greater the harm.
- ▶ Second hand smoke increases the risk of lung cancer, heart attack and stroke in non-smokers.



Winnipeg Regional  
Health Authority  
Caring for Health

Office régional de la  
santé de Winnipeg  
À l'écoute de votre santé

January 2009

APPENDIX B  
LEISURE INVENTORY page 1 of 2

Name: \_\_\_\_\_ Date: \_\_\_\_\_

The Leisure Inventory should be completed at the initial meeting with the Direct Service Worker and your child to assist in the development of activity plans that will be developmentally appropriate and stimulating for your child. Please remember that the family is responsible for activity costs.

Here are some things to think about to get you started:

**P=Participating**

**T=Interested in Trying**

Activity	P	T	Activity	P	T	Activity	P	T
Art Classes			Choir			Ice Skating (Helmet Required)		
Baseball			Computer Games			Reading		
Basketball			Cooking Classes			Knitting		
Biking			Crafts			Listening to Music		
Billiards/Pool			Dance Classes			Playing Instruments		
Board Games			Fishing			Sewing		
Bowling			Football			Roller Blading Skating		
Card Games			Gardening			Puzzles		
Snow Activities			Hiking			Scrap booking		
Table Tennis			Wheelchair Power Hockey			Walking		
Weight Training			Swimming Classes			Volleyball		
Other:			Other:			Other:		

Please indicate which outings you are currently attending or would be interested in attending:

**A=Attending**

**I=Interested in Attending**

Activity	A	I	Activity	A	I	Activity	A	I
Art Galleries			Movies			Forks Market		
Festivals			Museums			Sporting Event		
Concerts			Picnics			Libraries		
Drop In Groups			Parks			Restaurants		
Plays/Performances			Zoo			Shopping		
Local Community Events			Girl Guides/Cubs			Other:		

APPENDIX B  
LEISURE INVENTORY page 2 of 2

What prevents you from participating in activities in your community?

Support		Programs/Activities		Finances	
No one to go with		Don't know how/where to get involved		Don't have extra money	
No way to get there		Lack of programs		Equipment is too expensive	
Lack of support staff at the activity		Lack of interest in programs		<b>Other</b>	
Unwelcoming staff at the activity		Offered at inconvenient times		Health reasons	
		Crowded/too many people		Facilities do not provide for the disability	

Identify 3 favorite activities that you like to do:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Identify 3 activities that you would like to try:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Please identify any risk behaviors that respite worker needs to be made aware of to ensure safety of your child:

Stranger awareness: \_\_\_\_\_

Running Away: \_\_\_\_\_

Crossing Street: \_\_\_\_\_

Communication issues: \_\_\_\_\_

Boundary issues: \_\_\_\_\_

Crowds/Noise: \_\_\_\_\_

Aggressive or self injurious behavior \_\_\_\_\_

Possible Behavior Issues and Suggestions for Dealing with them:

\_\_\_\_\_  
\_\_\_\_\_

Emergency Contact: \_\_\_\_\_

\*The Direct Service Worker has access to a Recreational Outing Guide. Please contact your Resource Coordinator for more information about this guide.

EFFECTIVE DATE: July 1, 2009