

In-Home Respite – Guide for Parents

What is Respite?

- Respite's main function is to support the parent/family in caring for your child by providing a temporary break 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 a Direct Service Provider's homes/private residences etc. and it should only be provided by persons hired by our department
- In exceptional circumstances, other respite options may be available but they must be discussed with your Community Services Worker.

Respite in Your Home

What are the advantages of in-home respite?

- Your child's routines can easily be maintained
- Your child's surroundings are familiar
- Equipment used by your child is available
- Other children in the home may be supervised
- Transportation to and from an activity is not required
- Low cost

What are my responsibilities when using respite in my own home?

- Families will meet with the new Direct Service Provider.
- This is an opportunity for you to discuss the expectations and responsibilities of caring for your child.
- You may also share any concerns or issues related to your other children that the Direct Service Provider may be supervising in your absence.

* Note that Children's disability Services is responsible to follow the Workplace Health and Safety guidelines, and Direct Service Providers work under a Safe Work Policy.

Steps to Orientate the Direct Service Provider:

- Make available to the Direct Service Provider a description of your child's care needs, capabilities, activity interests, behavioral issues, likes, dislikes, comfortable routines, special toys etc. (See Appendix A).
- If your child must have medication administered during respite please discuss this with your Community Services Worker immediately.
- Share any communication techniques (verbal, non-verbal, signs, and special ways) that your child uses to communicate.
- If care and supervision is to be provided to siblings in the home, make available a description of these responsibilities.
- Review with the Direct Service Provider your emergency procedures (for example, what to do, who to call in case of fire, medical complication, or any other issue important for your child).
- Always leave a telephone number where you can be contacted.

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, 2017

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 A
INFORMATION FOR DIRECT SERVICE WORKERS page 1 of 2

Name: _____ Date: _____

These are some of the key areas that should be reviewed during the initial meeting with the new Direct Service Worker.

DAILY ROUTINE

AM: _____

PM: _____

Evening: _____

Naps: _____

Bedtime: _____

SUGGESTED ACTIVITIES

Art Projects: _____

Toys and Games: _____

Books: _____

Favourite Toys: _____

Special Things that Comfort My Child: _____

Possible Behaviour Issues and Suggestions for Dealing with Them: _____

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TELEVISION / VIDEO GAMES / COMPUTER:

Time Permitted for Activity: _____

Acceptable show(s) to
watch / Special
consideration for computer: _____

FOOD

Allergies: _____

Cannot Have: _____

Acceptable Snacks: _____

Meals: _____

MEDICATIONS – please contact your Community Services Worker for further discussion.
Families are asked to retain the responsibility for administering their child's medication, whenever possible. Please note that URIS training may need to be arranged prior to the Direct Service Worker being able to administer medication.

Directions: _____

Doctor's Name and Phone Number: _____

Emergency Number: _____

PETS

Where will the pet be
during respite? _____

The family remains responsible for all pet care.