

Respite Unit



Respite is . . .

the occasional care of a child who has a developmental delay or is at risk for developmental delay, providing a break for the family.

Benefits of Respite Care

YMCA Childcare Resource Service understands the needs of families with children who have special needs and believes that families can benefit from respite care in the following ways:

Relaxation.

Helps families relax and renew their energy.

Enjoyment.

Allows families to enjoy favorite pastimes and pursue new activities either together or individually.

Stability.

Improves the ability to cope with daily responsibilities and allows for time to keep appointments and run errands.

Preservation.

Helps preserve the family unit and lessens daily pressures.

Involvement.

Allows families to become involved in community activities.

Time Off.

Allows parents personal time.

Enrichment.

Encourages children to discover identities and enrich their growth.

Program Description

YMCA Childcare Resource Service, as a vendor of San Diego Regional Center for the Developmentally Disabled, offers a choice of two respite programs to meet the needs of eligible families.

- **In-Home Respite** is a program where a respite provider comes to the family's home to interact with and supervise the child who has special needs.
- **Out-of-Home Respite** is a program where care is provided in a licensed family child care home or in a licensed child care center.
- All providers are certified in Pediatric CPR, Pediatric First Aid and have been fingerprinted.
- Ongoing support, resources and training are available to providers, families and the community.
- The Respite Unit of YMCA Childcare Resource Service is continuously exploring opportunities to assist families with special needs.

Who Qualifies for Respite Care?

Families may be eligible for respite if...

- They have children ages 0 to 18 who have special needs, and are consumers of San Diego Regional Center.
- They have children under the age of three who are at risk for developmental delay, and are consumers of San Diego Regional Center.
- They are parents who are consumers of San Diego Regional Center and could benefit from a respite break.

All respite must be referred by the San Diego Regional Center for the Developmentally Disabled.

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Respite Unit
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The YMCA of San Diego County serves all people without regard to age, gender, race, religion, ethnicity or disability. Questions regarding this policy may be directed to Vice President, Human Resources 858.292.4034.