



Tip sheet: What is respite?

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Respite is a short break. It is a way for your son or daughter to enjoy activities with others at home, or in the community, while you do things for yourself or for others in your family.

During this break, a support worker can:

- take your child on a community outing (e.g. park, zoo, mall, restaurant)
- teach your son or daughter to make a snack
- play basketball or go for a walk or bike ride with your child
- play board games or watch tv with your child
- take your child to an arts program

Why are short breaks (respite) important?

Short breaks give special needs children fun things to do with their friends. Caring for a child with a disability can be a full-time job. Short breaks help families re-energize themselves so they can maintain healthy and positive relationships.

Respite includes time that your child may spend with a support worker and could also be a program that your child goes to, like a summer camp or overnight program.

For more information on respite services in your area go to the website below: www.respiteservices.com.

Choose your city from the drop down menu on the left-hand side and select English or French as your main language. You will then see the home page. Click "Family Registration" to register your child or click "Respite Options" to see respite options in your area.

