

FINDING GOOD RESPITE: PART 2



FACT:

Every parent needs a break from their caregiving role.

Respite care is one way to get a break.



Pony Bird

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Charting the LifeCourse Ambassador, 2019

Objective:

Increased satisfaction/benefit from the breaks you receive

You will need: Plenty of paper to write on and a pen or pencil

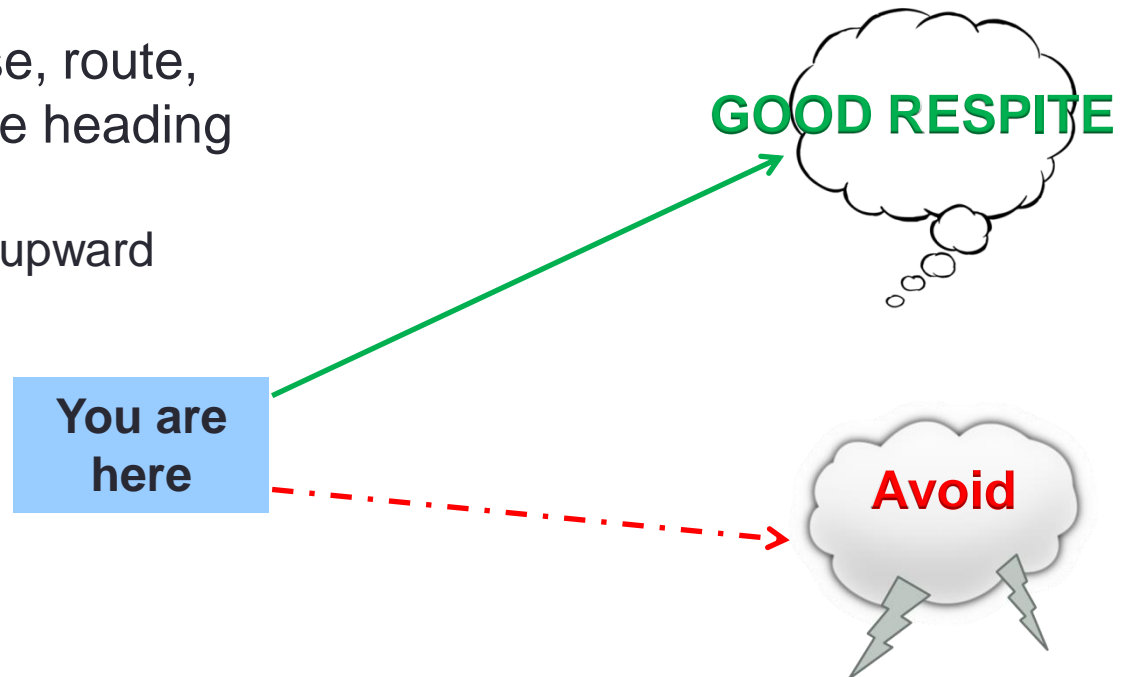


Quick Review of Part 1

- In the first part of this series you were introduced to the Charting the LifeCourse tool often called the **TRAJECTORY**.
- You identified what **GOOD RESPITE** would look like for you.
- You identified the things you want to **AVOID** when seeking **GOOD RESPITE**.

Trajectory = your course, route, direction, where you are heading

Your desired trajectory is upward toward **GOOD RESPITE**!



You now know where you are headed...



Once you have a vision of your GOOD RESPITE the next step is to list all the resources you have that can help move you toward that GOOD RESPITE. LifeCourse encourages you to map 5 different kinds of resources and they are represented in this star. We will talk about each one.

- Technology
- Personal Assets/Strengths
- Relationships
- Community-Based
- Eligibility Specific

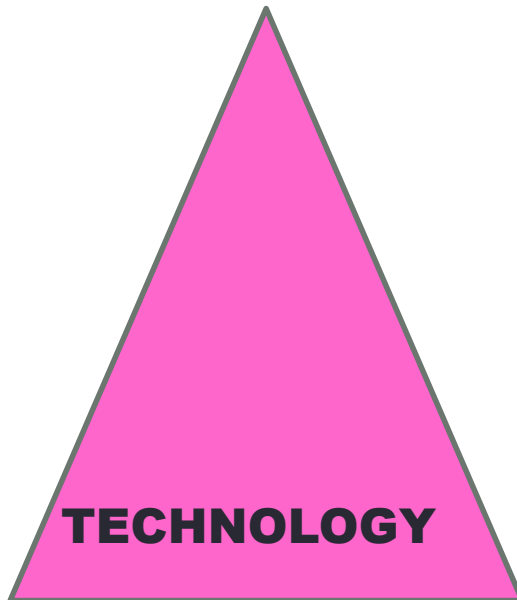
1. Technology



- How will technology help with getting a break?
 - Think about what you use now & what you could try.
 - A cell phone can help keep you in contact with your loved one & provider when you are not at home. It might allow your loved one to be home alone for short periods of time with you or someone else checking in.
- ◆ Think about medical alert/safety ID ◆ remote monitoring ◆ smart phone/ tablet/ computer ◆ Internet ◆ GPS locator ◆ FaceTime/Skype/video app ◆ video monitoring in home or at door
- You might use the Internet to communicate with an agency or provider; research programs; screen people to hire; use social media; etc.

Think about it then write it down

- Take a few moments to write down the TECHNOLOGY resources you have used or you will try to use in the future. LifeCourse uses pink for this point in the star.



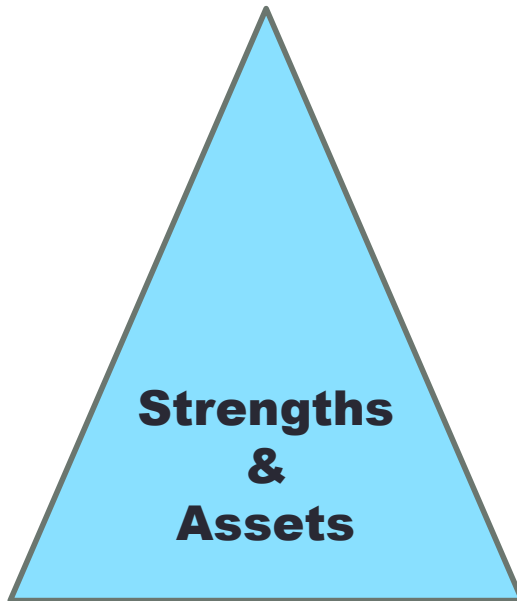
2. Personal Assets & Strengths



- Think about your financial resources, personal skills, experience, and abilities.
- What is your family member able to do with minimal support?
- Examples for your family member might include the ability to stay home alone for 2 hours; able to dial 911; doesn't wander; is well liked; is friendly; makes friends easily; works 12 hours each week earning spending money.
- You might have a special bank account or savings.
- Maybe you have experience hiring people.
- How much can you afford to pay to hire someone?
- Can you use the internet to research programs or recruit people to hire?
- Can you invest money or take a different job to be able to pay privately to hire people or agencies?

Think about your family's skills & assets then write them down.

- Take a few moments and write down the resources you have or you can try to set up or learn for the future. LifeCourse uses pale blue for this point in the star.



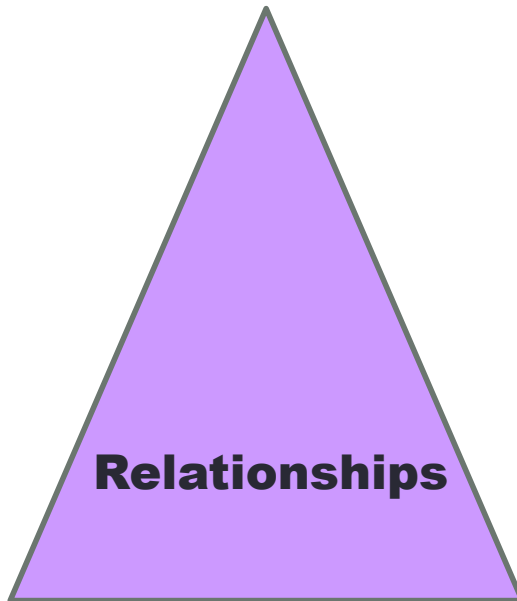
3. Relationships

- We rely on others in our life to give us advice & support or to lend a hand.
- How can the people you know help you get a break &/or make it a positive experience?
- Who might be able to care for your family member or check in with them when you are away?
- Who knows someone you can hire? Someone may know someone for you.
- Who would be willing to help you pay someone?
- Think about members of your family, people at work, friends, neighbors, teachers, coaches, aids at school, program staff, members of your church, etc. Your service coordinator might have suggestions.
- Ask around. You might be surprised to learn who is willing to help you out and you won't know unless you ask.



Think about ALL your relationships then write them down.

- Take a few moments to write down the personal relationships/resources you have and how they might be able to help you. LifeCourse uses lavender for this point in the star.



4. Community-Based Resources

- There are things in your community that are available to everyone.
- Some of these may be appropriate for your family member because they already offer an inclusive setting or they may be willing to adapt for your loved one. If they require someone to be with them in order to participate, you could hire someone to go with them and this will still provide you with a small break.
- Consider special interest groups like hobby/craft/sport; community/recreation center; YMCA; school latchkey programs; camps; church programs; sitter services; etc.
- Remember: you like your family member so others in your community might also like spending time with him/her.



Think about things in your community then write them down.

- Take a few moments to write down the things in the community that might provide you with a break. LifeCourse uses blue for this point in the star. For some families these resources may be more difficult to identify because of the level of support needed by their family member. But give it some thought to see if you can think of any.



5. Eligibility Specific



- Your family member may qualify for certain supports because of their age, income, disability, diagnosis, or other criteria.
- This might include:
 - ◆ school, ◆ adult day programs, ◆ supported employment, ◆ sheltered employment, ◆ leisure / camp / socialization programs, ◆ Special Olympics, ◆ respite programs like MyCare, ◆ or any service paid with Medicaid Waiver or any other public funding
- Can their SSI check be used to pay for respite or activities for your family member during your break?
- Learn about ABLE accounts & see if you can save some money to use to pay for services.

Think about the resources that have specific eligibility requirements.

- Take a few moments to write down the resources you know about that might help if your family member qualifies. LifeCourse uses green for this point in the star. If you are enrolled in MyCare, don't forget to include it as well as your Service Coordination office.





Integrated Supports

People need supports to lead good lives. Using a combination of lots of different kinds of support helps to plot a trajectory toward an inclusive, quality, community life. This tool will help families and individuals think about how to work in partnership to support their vision for a good life.



Access the LifeCourse framework and tools at lifecoursetools.com

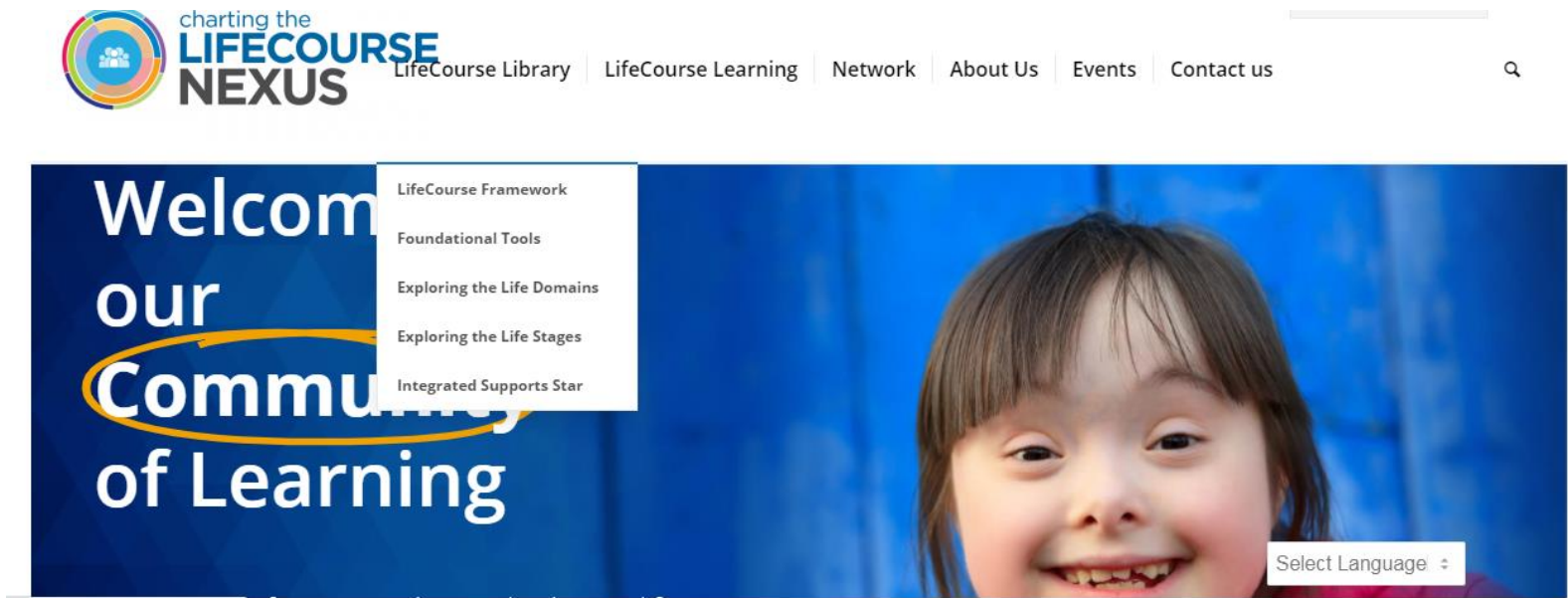
INTEGRATED STAR

Here is an example of what the actual LifeCourse tool looks like. You can use it or just use a piece of paper to write down your resources.

Copies of the Charting the LifeCourse tools can be downloaded on their website or you can request copies from the Pony Bird Family Support office.

For more information online...

- Visit <https://www.lifecoursetools.com>.
- Drop down the menu for the “LifeCourse Library” then
- Slide over to “Exploring-the-life-domains” then
- Click on “Respite.”
- You will find videos and tools to use to continue your search for GOOD RESPITE.



That's the end of Part 2

If you reviewed both Part 1 & 2, you should have:

1. A vision of what GOOD RESPITE would look like.
2. A list of resources to help you get GOOD RESPITE.

What's Next?

You are ready for Part 3. This video will help you take this information and put it together in a plan.

