

the road to **success** begins with the right **supports**

Every parent or caregiver needs a break every now and then and that's not something to feel guilty about. Sometimes we invest so much into caring for a loved one, that we forget to take care of ourselves and may find that we are left searching for extra energy to give the rest of the family.

Respite, otherwise known as a short break, is all about giving you and your family time to recharge and reconnect while knowing that your loved one is safe, well cared for, and enjoying their time away.

Respite Coordinators can facilitate a connection for the family and worker or alternatively the family or worker can peruse classified ads of available registered profiles to connect with what best suits their needs.

Accessing respite can open doors to new experiences, greater community participation, a more active lifestyle and opportunities to make new friends! It can also help build a greater sense of independence, increased self-esteem & self-respect.

"Respite means knowing that our son is able to get some time away from his parents in a nurturing environment where he can gain independence and build self-confidence"

Respite care may be provided in your own home, the home of a family member, your community, or a respite program. By connecting with respiteservices.com, we can assist you to learn about available options and find services that best match your needs.



SUPPORT WORKERS providing respite for community members

Are you a fun, outgoing person looking for a GREAT job? Interested in a career in Social Services? Want to make your own schedule? respiteservices.com offers you the opportunity to be connected to families looking for respite support while maintaining the independence and flexibility of being self-employed. To register, visit www.respiteservices.com and complete our online Worker Registration or contact 905-525-4747 ext. 212 or rtrajano@rygiel.ca



"[Respite programs] have allowed us to take some time to re-energize as individuals, strengthen our marital relationship and give some much needed attention to our neuro-typical son".

respiteservices.com is a centralized access point for information on respite services for individuals with a developmental disability.

In Hamilton, we are collaborating to develop a more dynamic respite network for both children and adults. In addition to representation from the developmental service sector, the group includes representation from the child welfare and mental health sectors.

Knowledgeable, hardworking and caring support workers ensure your needs as a caregiver are met while your loved one is well supported and achieving their own personal goals.

To register, visit www.respiteservices.com and complete our online Family Registration or contact 905-525-4747 ext. 223 or vgalamini@rygiel.ca.



our mission

"respiteservices.com working together to facilitate respite options that empower individuals with differing abilities and their families to lead active and rewarding lives."

contact us

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Supports for Community Living

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creating
community
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Hamilton Region

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