

RESPITE TIP



OUT-OF-HOME RESPITE IN NOVA SCOTIA

Respite is an important support for balancing family life. It provides time for parents and caregivers to recharge their energy. It also provides opportunities for children, youth, and adults with disabilities to participate in activities, meet new people, and build relationships outside of their family circle.

Family respite can take many forms. One form of respite is a weekend away (or longer) for a child or adult with disabilities to spend with a respite provider. There are respite apartments and facilities in Nova Scotia that welcome people with disabilities and create opportunities for them to have a short-term stay in an out-of-home setting.

If you would like more information about respite, you should check out the Respite Guides created by the Nova Scotia Respite Partnership which can be found at:

<http://disability.novascotia.ca/content/respite-partnership-publications>.

You can also contact The Disabled Persons Commission or Nova Scotia Association for Community Living if you would like a paper copy of these guides.

If you would like more info about facility-based respite care, you should check out the fact sheet from Continuing Care called “Facility Based Respite Care” that was created by the Department of Health and Wellness. This document is available online at:

<http://novascotia.ca/dhw/ccs/respite-care.asp>.

When you book a respite apartment or a bed in a facility, there are a few things you need to think about. Does it have the equipment you need (such as a lift and a proper sling, a blender, or safety rails in the bathtub or a bath seat) or will you need to bring some of your own? Are respite workers provided? How much will it cost? Is the apartment furnished? How many bedrooms does it have? Are extra cots available? What sort of activities are nearby? Is it possible for you to visit the apartment or facility before you book a stay so that you can see it

for yourself? What is their intake process? How far will you and your family have to drive to get there? It is important to think about these things before you book a stay. Make a list of the questions you have and then call and find out the answers.

This is a listing of the out-of-home respite opportunities currently available in Nova Scotia. If you know of a place that isn't on this list, please let us know!

Cape Breton Community Respite (Sydney River) - 902-567-2274

For individuals 18 and under. Provides a respite apartment.

Cornerstone Intervention Services (Stewiacke) - 902-789-4721

21 and under

Highland Community Residential Services -902-752-1755

Northern Region Respite Services (New Glasgow) - 902-752-9452

For individuals that are registered with this group and are 18 and under. They provide a support person or families can provide their own. There is no fee.

Respite Nurse RN (Dartmouth) – 902-225-5993

For individuals of all ages. Specializes in complex care/complex health support. Provided from a private home. Support person is provided. Fee is \$15 to \$20 per hour.

Support Services Group Cooperative Limited (Dartmouth) 902-466-0230

For individuals of all ages. Provides a respite apartment in a residential apartment building through the Department of Community Services. Support people are not provided. No fee, first come, first serve.

Some licensed long term care facilities also provide respite beds for people with disabilities. There is currently only one such facility, Evergreen Home for Special Care, which provides respite care for children and youth under the age of 19, and it is located in Kentville. The other facilities provide respite care for adults 19 and older and are located throughout the province.

The Department of Health and Wellness keeps a listing of all of the respite beds available in licensed long term care facilities throughout Nova Scotia. In order to talk to someone about booking a respite bed in a long term care facility, you can call 1-800-225-7225. There is an intake process and assessment required to use this service. They can provide you with a listing of all of the current respite beds available throughout the province. This listing is also online, and can be accessed at: <http://novascotia.ca/dhw/ccs/documents/Nursing-Homes-and-Residential-Care-Directories.pdf>

This Respite Tip has been brought to you by the Nova Scotia Partnership on Respite, Family Health, and Well-Being. Information on the Respite Partnership and this and other Respite Tips can be found at: <http://disability.novascotia.ca/content/nova-scotia-respite-partnership>

Respite, WE deserve it!



The information contained in this Respite Tip article is not intended to be formal legal or financial advice. It has been gathered from a variety of sources and is provided as an introduction to the topic. It is not complete and should not be used in the place of professional advice or consultation.

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