

respiteservices.com

Respite Guide

A Guide for Caregivers of Children
and Adults with Disabilities in the city of Toronto

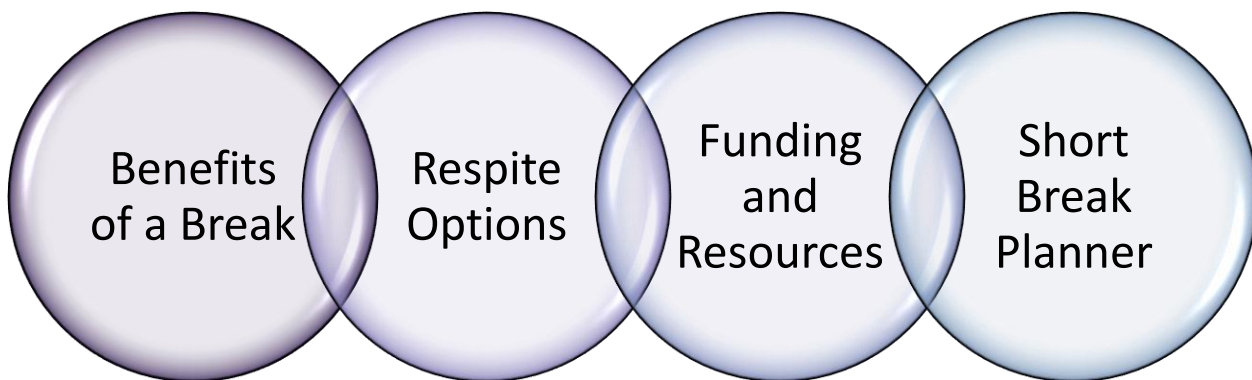


Using This Guide:

respiteservices.com connects agencies funded by the Ministry of Children, Community and Social Services with families looking for respite. We are collaborating to develop a more dynamic respite network for both children with developmental and physical disabilities and adults who are eligible with DSO (Developmental Services Ontario).

As a caregiver, we know your time is limited. We hope you can use this guide to help you through the process of accessing respite and additional resources. Please note that every effort was made to ensure that all information is up to date and accurate. This list is not exhaustive and other respite options and programs may exist. Please contact agencies directly for most up to date information.

We have broken down the information into four sections to help you navigate and coordinate respite and funding options.



1. The benefits of a break section defines the importance of respite and how it can benefit all members of the family.
2. Respite Options will explore both in and out of home respite options.
3. Funding and Resources will give options in how to fund your respite opportunities and other helpful resources.
4. The Short Break Planner is a tool to inform respite providers about the support needs of your family member. It can also be used to plan your respite for the year.

Benefits of a Break:

Respite care provides a short planned break from the physical and emotional demands involved in caring for a family member who has a disability. Respite creates greater opportunities for all family members to live actively and participate in community activities. It also allows parents/caregivers time for themselves to pursue hobbies, meet with friends, rest, or even catch up on housework.

Look what some of our families are saying about how respite has impacted their lives:

“Respite gives us the opportunity to aid (our daughter) in her interactions with other children that will support her continued social and communication skills. Along with giving my wife and I the needed physical and mental breaks, we use this time to rest and restore energy so our family time together is more rewarding for everyone”

“Respite means that I can gather strength and energy to do all the caregiving. I’m a single mom and he only sees his father every other weekend. I need a break so that I can be at my best the rest of the time. Working full time and trying to manage (his) needs leaves me mostly exhausted. I’d really like time to clean the house or do some yoga”

“Respite should be more than a break from life’s circumstances, it should be a change of life’s circumstances”

(Hutchinson et al., 2010)

At respiteservices.com we believe that getting a break is a necessity for both the caregiver and the individual with special needs as it allows both to recharge and come back together refreshed. We aim to help families get the time they need in hope that they can avoid burnout and have a better quality of life.



Respite Options (Children 0 – 18 years)

Below you will find listed Toronto area respite options available to your family. You may contact agencies directly or contact Intake and Information for assistance with respite planning.

Agency / Location	Services	Age Range and Eligibility	Contact	Notes
Community Living Toronto				
Lawson 1712 Ellesmere Rd Toronto	Day/Overnight Respite	0-18 years old with an Intellectual Disability	647-729-1639 lawsonrespite@cltoronto.ca http://cltoronto.ca/respite	
Ennerdale 203 Ennerdale Rd Toronto	Day/Overnight Respite	0-18 years old with an ASD diagnosis	647-729-0447 respite.ennerdale@cltoronto.ca http://cltoronto.ca/respite	
After School Program 2907 Weston Road Toronto	After School	11-18 years old with an ASD diagnosis	647-729-0450 http://cltoronto.ca/respite	
Shadow Lake Centre Stouffville, ON	Weekend retreats	Children and adults with an Intellectual Disability	905-640-6432 Shadowlake.office@cltoronto.ca www.shadowlakecentre.ca	
Corbrook				
After School Respite 1440 Finch Ave West Toronto	After School	14-18 years old with a Developmental Disability	416-245-5565 http://corbrook.com	
Weekend Respite 931 Progress Ave Scarborough	Weekend	14-18 years old with a Developmental Disability	416-431-9000 http://corbrook.com	
Strides Toronto				
Youth Respite 184 Galloway Rd, Scarborough	Afterschool / School Closures	12-18 years old with a Developmental Disability	416-724-7444 https://stridesutoronto.ca/	
Youth/Adult Respite 184 Galloway Rd, Scarborough	Weekend Respite	12-35 years old with an ASD diagnosis or a Developmental Disability	416-724-7444 http://emys.on.ca	
Geneva Centre				
Children Respite 164 Merton St, Toronto	Weekday Evenings & Weekends	2-17 years old with an ASD diagnosis	416-322-7877 x 259 www.autism.net	

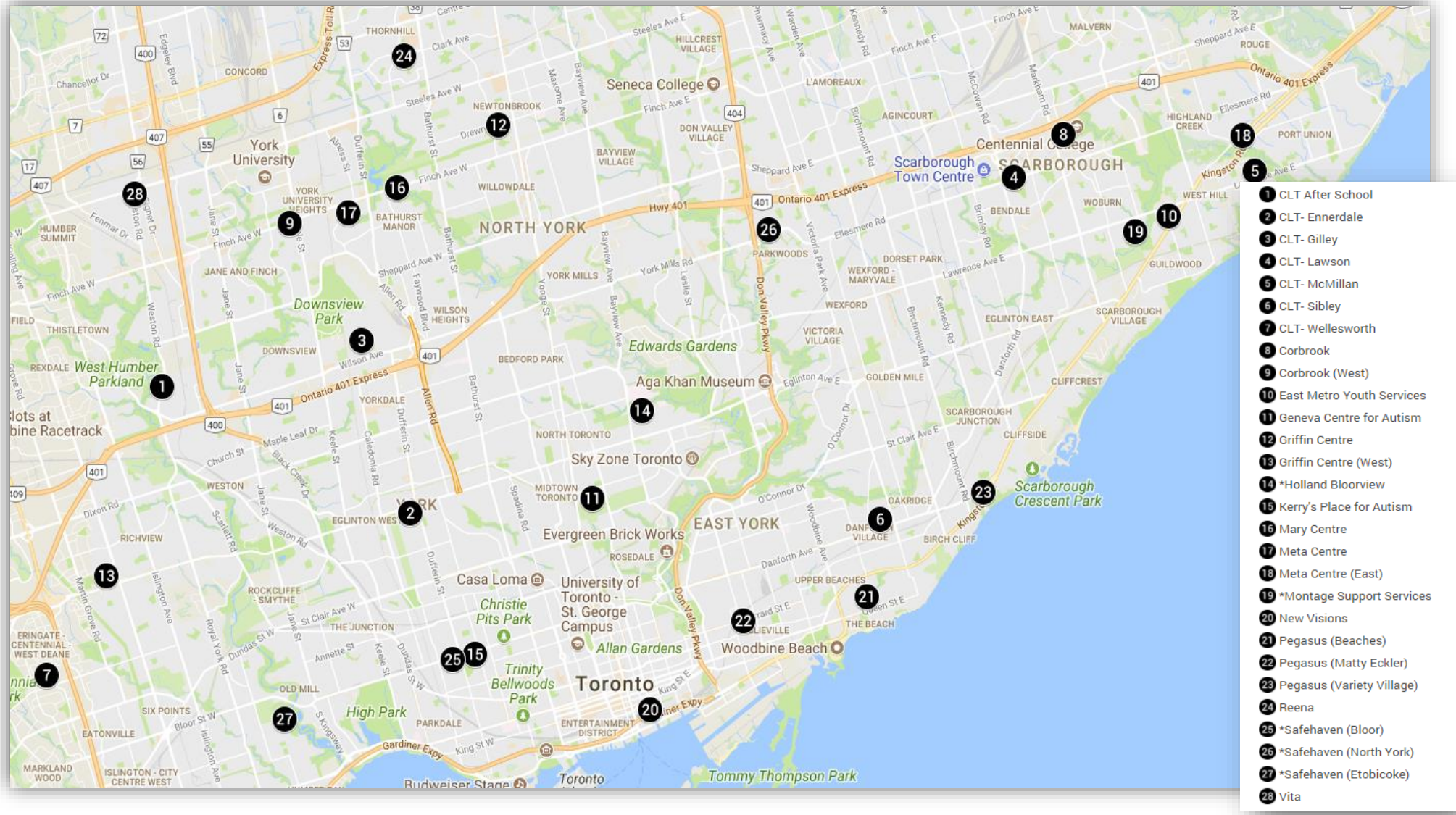
Agency / Location	Services	Age Range and Eligibility	Contact	Notes
Lumenus Community Services				
Youth Respite Services <i>Various Locations</i>	After School Thursday Respite 4-7pm	12-18 years old with Dual Diagnosis (Developmental Disability and complex mental health challenges)	416-222-1153 https://www.lumenus.ca/	
Holland Bloorview				
Weekend Day Respite <i>150 Kilgour Rd, Toronto</i>	Weekend Day	4-21 years old with complex physical disability and Developmental Disability	416-425-6220 x.6406 rsanford@hollandbloorview.ca http://hollandbloorview.ca	
Overnight Respite <i>150 Kilgour Rd, Toronto</i>	Overnights	0-18 years old with a physical and or Developmental Disability and require nursing care	416-425-6220 x.6406 http://hollandbloorview.ca	
Meta Centre				
Children Respite <i>401 Champagne Dr, Toronto</i>	Evening and Weekend	Individuals over 10 years old with a diagnosis of a Developmental Disability	416-736-0199 x.337 http://www.metacentre.ca/index.html	
Reena				
Children Weekend / Evening Respite <i>927 Clark Ave West, Thornhill</i>	Weekend and Evening Respite	3-18 years old with a diagnosis of Developmental Disability	905-889-2690 x.2121 http://www.reena.org	
Children Residential Respite <i>927 Clark Ave West, Thornhill</i>	Overnight	7-17 years old with diagnosis of a Developmental Disability	905-889-2690 x.2121 http://www.reena.org	
The Safehaven Project for Community Living				
Children Residential Respite <i>Various Locations</i>	Overnight	0-18 years old with complex medical, physical and developmental disabilities	416-535-8525 x282 http://safehaven.to	
Vita				
Vita Community Services <i>Various Locations</i>	Overnight and Day Respite	Individuals over 16 years old with a diagnosis of a Developmental Disability or Dual Diagnosis.	416-749-6234 x.215 http://www.vita.org	

Respite Options (Adult 18+ years)

Agency / Location	Services	Age Range and Eligibility	Contact	Notes
Community Living Toronto				
Gilley 234 Gilley Ave, Toronto	Day/Overnight	Individuals over 18 years old with a diagnosis of an Intellectual Disability.	416-638-9512 http://cltoronto.ca/	
McMillian 28 McMillian Ave, Toronto	Day/Overnight	Individuals over 18 years old with a diagnosis of an Intellectual Disability.	416-281-3884 mcmillanrespite@cltoronto.ca http://cltoronto.ca/	
Wellesworth Wellesworth Ave, Toronto	Day/Overnight	Individuals over 18 years old with a diagnosis of an Intellectual Disability.	416-626-3232 http://cltoronto.ca/	
Shadow Lake Centre Stouffville, ON	Weekend retreats	Children and adults with an Intellectual Disability	905-640-6432 Shadowlake.office@cltoronto.ca www.shadowlakecentre.ca	
Corbrook				
Adult Weekend Respite 931 Progress Ave, Toronto	Weekend	Individuals over 19 years old with a diagnosis of an Intellectual Disability.	416-245-5565 http://corbrook.com	
Strides Toronto				
Youth/Adult Respite 184 Galloway Rd, Scarborough	Weekend Respite	Individuals 12-35 years old with ASD or Developmental Disability Diagnosis	416-724-7444 https://stridestoronto.ca/	
Geneva Centre for Autism				
Adult Respite 164 Merton St, Toronto	Weekday Evenings & Weekends	Individuals over 18 years old with a diagnosis of ASD & eligible with DSO	416-322-7877 x 259 www.autism.net	
Lumenus Community Services				
Adult Respite Services Various		Individuals over 18 years old with a Dual Diagnosis (Developmental Disability and complex mental health challenges)	416-222-1153 https://www.lumenus.ca/	
Kerry's Place				
Adult Weekend Respite 376 Rushholme Rd. Toronto	Weekend	Individuals over 18 years with a diagnosis of ASD who have higher support needs	416-537-2000 http://kerrysplace.org/public/toronto	
Residential/Overnight 376 Rushholme Rd. Toronto	Overnight	Individuals over 18 years old with a diagnosis of ASD	416-537-2000 http://kerrysplace.org/public/toronto	

Agency	Services	Age Range and Eligibility	Contact	Notes
Mary Centre				
Adult Residential Respite <i>685 Finch Ave West, Toronto</i>	Overnight	Individuals over 18 years old with a diagnosis of Developmental Disability	416-630-5533 x.222 http://www.marycentre.com/	
In Home Adult Respite <i>685 Finch Ave West, Toronto</i>	Overnight	Individuals over 18 years old with a diagnosis of Developmental Disability and living at home	416-630-5533 x.222 http://www.marycentre.com/	
Meta Centre				
Respite <i>Various Locations</i>	Evening and Weekend	Individuals over 10 years old with a Developmental Disability	416-736-0199 x.337 http://www.metacentre.ca/index.html	
Montage Support Services				
Adult Residential Respite <i>105 Marcella St, Toronto</i>	Overnight	Individuals 18+ with a Developmental Disability who have complex physical and health care needs requiring a wheelchair accessible setting	647-300-9836 ckingsmill@montagesupport.ca http://montagesupport.ca	
New Visions Toronto				
Adult Residential Respite <i>Various Locations</i>	Overnight	Individuals over 18 years old who are medically fragile, physical and or developmentally delayed	416-868-1493 x229 https://newvisionstoronto.ca/	
Pegasus Community Project				
Adult Respite <i>Various Locations</i>	Weekday and Weekend	Individuals over 18 years old with a diagnosis of Developmental Disability	416-691-6835 http://www.pegasustoronto.ca/	
Reena				
Adult Weekend / Evening Respite <i>927 Clark Ave West, Thornhill</i>	Weekend and Evening Respite	Individuals 18 years and older with a diagnosis of a Developmental Disability	905-889-2690 x.2224 http://www.reena.org	
Adult Residential Respite <i>49 Lebovic Campus Dr, Thornhill</i>	Overnight	Individuals 18 years and older with a diagnosis of a Developmental Disability	905-889-2690 x.2224 http://www.reena.org	
Vita				
Vita Community Services <i>Various Location</i>	Overnight and Day Respite	Individuals over 16 years old with a diagnosis of a Developmental Disability or Dual Diagnosis	416-749-6234 x.215 https://vitacls.org/	

Respite Options Locations



Respite Options – CHAP

The Chap Program (Community Helpers for Active Participation) is an integral part of respiteservices.com. For over 20 years the CHAP program has been Toronto’s leading resource for one-to-one support.

The respiteservices.com/supportyourway.ca website is a free online information service that local organizations throughout Ontario support for the benefit of people with disabilities, their families and individual service providers in the community. The website includes a database through which people with disabilities and/or their families can make their support needs known, and through which Independent Respite Providers can offer their services.

The Independent Respite Provider Database is updated regularly as new Independent Respite Providers join the Independent Respite Provider Database and successful matches are made.

Independent Respite Providers vary in experience, skill sets, and availability, and should not be considered trained therapists, who are available for part-time parent/caregiver relief, to provide support in the family home or in the community. This may include one-to-one support in the community and assisting families to implement recommendations made by a qualified therapist (e.g. Speech Language Pathologist or Occupational Therapist).



The Independent Respite Provider Database does not guarantee or warrant that any specific Independent Respite Provider is appropriate for any particular individual. The Independent Respite Provider Database doesn’t supervise, control, or otherwise have any involvement with the services that an Independent Respite Provider provides or the relationship between a provider and a family (database user).

Please refer the CHAP Information Package for additional information.



Respite Funding and Resources

	Funding Options	Information	Applied			Approved Amount
Under 18	Special Services at Home (SSAH)	<p>Website: http://www.children.gov.on.ca/htdocs/English/specialneeds/specialservices.aspx</p> <ul style="list-style-type: none"> Provides relief and support for families Invoice to program for reimbursement 	Yes	No	Not Eligible	
	Assistance for Children with Severe Disabilities (ACSD)	<p>Website: http://www.children.gov.on.ca/htdocs/English/specialneeds/disabilities.aspx</p> <ul style="list-style-type: none"> Assist with the extraordinary costs of raising a child with special needs <ul style="list-style-type: none"> Expenses - travel, medical, social, respite, clothing etc Family income needs to be under \$66,000 (family of 4) 	Yes	No	Not Eligible	
	Jennifer Ashleigh Children's Charity	<p>Website: www.jenash.org Telephone: (905) 852-1799 x 32</p> <ul style="list-style-type: none"> Respite Worker Not currently funding individual with ASD diagnosis Family income needs to be under \$65,000 	Yes	No	Not Eligible	
	Autism Ontario	<p>Website: www.autismontario.com</p> <ul style="list-style-type: none"> Summer Support Worker & March Break Reimbursement Fund (0-18). Building Brighter Futures Fund 18+ 	Yes	No	Not Eligible	
	Family Directed Respite	<p>Website: www.respiteservices.com Telephone: 416-322-6317 x 10</p> <ul style="list-style-type: none"> Individuals with a diagnosis of ASD who are not accessing funded respite options 	Yes	No	Not Eligible	

	Funding Options	Information	Applied			Approved Amount
			Yes	No	Not Eligible	
Over 18	Ontario Disability Support Program (ODSP)	Website: www.mcscs.gov.on.ca/en/mcscs/programs/social/odsp Telephone: 416-325-0693 Financial assistance in areas of daily living, including dental card; drug card	Yes	No	Not Eligible	
	Passport Initiative	Website: www.dsotoronto.ca Telephone: 1-855-372-3858 <ul style="list-style-type: none"> Receive funding to purchase services or to access services through Transfer Payment agency programs 	Yes	No	Not Eligible	
	Welcome Policy	Website: http://www.toronto.ca/wp Telephone to request an application: (416) 338- 8888 <ul style="list-style-type: none"> The City of Toronto's Welcome Policy provides a fee subsidy to help low income individuals and families who live in Toronto access City-operated recreation programs 	Yes	No	Not Eligible	
	Enhanced Respite Funding	Website: http://www.children.gov.on.ca/htdocs/English/specialneeds/respites.aspx <ul style="list-style-type: none"> Families who are caring for a child (under 18) who is medically fragile and/or depends on a technological device needing care 24 hours a day 	Yes	No	Not Eligible	
	Easter Seals	Website: www.easterseals.ca Telephone: 416-932-8382 <ul style="list-style-type: none"> Disability Travel card/Access 2 entertainment card/Incontinence grant 	Yes	No	Not Eligible	
	Disability Tax Credit	Website: http://www.cra-arc.gc.ca/tx/ndvdl/sgmnts/dsblts/dtc/menu-eng.html <ul style="list-style-type: none"> Tax benefit for families with children with a disability 	Yes	No	Not Eligible	
	My Community Hub	Website: http://mycommunityhub.ca/ An online registration space for activities, classes, programs, workshops, respite and camps offered by Developmental Service Agencies across Ontario.	Yes	No	Not Eligible	
	ConnectABILITY	Website: https://connectability.ca/en/ a website and virtual community dedicated to lifelong learning and support for people who have an intellectual disability, their families and support networks	Yes	No	Not Eligible	
	TTC Support Person Assistance Card	Website: https://www.ttc.ca/Fares_and_passes/Support_Person_Card/index.jsp Customers must apply for a Support Person Assistance Card in order to travel with their support person on a single fare.	Yes	No	Not Eligible	

Short Break Planner

INDIVIDUAL INFORMATION

Name: _____

DOB DD/MM/YYYY: ____/____/____/ Age: _____

Male Female Identifies As _____

If 18 years or older- has DSO confirmed eligibility? Yes No

Diagnoses: Primary _____

Other _____

Medical Support Required:

Assistive Devices required: (i.e. Wheelchair, ACC Devices, Hearing Aids, Harness)

Strengths:

Interests:

Hobbies:

CAREGIVER INFORMATION

Mother's Name: _____

Father's Name: _____

Legal Guardian: _____

Languages spoken at home: _____

Interpreter needed? Yes No

Phone: Home: _____ Work: _____ Cell: _____

Address: _____

Apt/Unit: _____ City: _____ Postal Code: _____

INDIVIDUAL SUPPORT NEEDS

Communication: (please check all that apply)

- | | | |
|--|--|---------------------------------------|
| <input type="checkbox"/> Gestures | <input type="checkbox"/> Single Words | <input type="checkbox"/> PECS/Visuals |
| <input type="checkbox"/> Sign Language | <input type="checkbox"/> Speaks in sentences | <input type="checkbox"/> IPAD/Tablet |

Additional notes regarding communication:

Behaviours: (please check all that apply)

- | | | |
|---|--|--------------------------------------|
| <input type="checkbox"/> Aggressive to others | <input type="checkbox"/> Self-injurious | <input type="checkbox"/> Destructive |
| <input type="checkbox"/> Runs away | <input type="checkbox"/> Withdrawn behaviour | <input type="checkbox"/> Other: |

Additional notes regarding behaviour:

Effective support strategies to manage behaviours:

Is there a safety plan in place? Yes No (If yes, please attach)

Is there a treatment program involved? Yes No (If yes, please attach)

Daily Living Skills: (please check all that apply)

- | | | |
|------------------------------------|---|--|
| <input type="checkbox"/> Toileting | <input type="checkbox"/> Eating | <input type="checkbox"/> Washing Hands |
| <input type="checkbox"/> Dressing | <input type="checkbox"/> Teeth Brushing | <input type="checkbox"/> Walking |

Additional notes regarding daily living:

A YEAR OF RESPITE AT A GLANCE

	Dates	Camp / Respite Program	Fees	Form of Payment
<i>Summer Respite</i>				
<i>Winter Break</i>				
<i>March Break</i>				
<i>PA Days</i>				
<i>Other Respite</i>				

ADDITIONAL NOTES:
