



Crystal Run Village, Inc.

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News

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Summer Relief for Parents of Kids with Disabilities

It's the season for all of us to have a good time! Expectations are high, the days are long, the weather warm and, with school soon out for summer, keeping children busy is an added stress for parents. For those with a family member having a developmental disability or spectrum disorder the demands in summer can be especially difficult. Family dynamics can often make experiencing summertime traditions complex and uncomfortable. If there are siblings in the household it may be tough for parents to offer them their fair share of age appropriate seasonal fun. And, what about the parents? Shouldn't they have adult time, worry free? A traditional baby sitter or willing relative will often not be able to meet the needs of a child with a disability.

Crystal Run Village, Inc. announces the availability of hourly day or overnight time at its 4-bedroom Respite House on the grounds of the human service agency's 10-acre administrative campus in Middletown. Respite House offers parents and primary caregivers a temporary break from the demands of caring for a family member with a disability. The program provides "like home" supervision in a comfortable safe environment with room and board possible for short-term or long-term stays. The service makes it possible for parents to: give siblings their undivided attention; have a date night of their own; catch-up on much needed sleep; attend social functions or have what might be their first vacation without kids. The "break" offered by out-of-home respite can also be viewed as a preventative service for neutralizing impending crisis in the household attributable to tension.

According to Respite Coordinator Angela Canepa, families typically only think to use respite when there is a special event on their schedule; as a consequence, weekends tend to fill up quickly. Respite offers time away, 7 days a week, an ongoing benefit to a household as support to the routine of daily living. "People need to be aware that the intake procedure is fairly involved and that advanced reservations to stay at Respite are required," Canepa explained. "The process is a matter of state regulation and may take as long as 2 weeks to complete. The information from this initial step provides Respite staff with all the tools necessary for the comfort, protection and happiness of our guests." Canepa encourages families to consult with their selected service coordinator when considering respite service. "Service coordinators typically have all the necessary documentation for completing the intake paperwork."

Respite hours begin daily at 3:00. Families and service coordinators should inquire of the individual's providers about transportation to and from day program or work. There is no out-of-pocket cost for individuals enrolled in the HCBS Medicaid Waiver program. Crystal Run Village, Inc. has been providing community-based respite house services for people age 13 and older since 1987. In 2006 the agency expanded its program to service individuals between the ages of 5-12 by hosting a series of overnight planned Children's Respite Weekends. **For an application or more information about Respite House, contact Angela Canepa, program coordinator at: 845-695-2561 or angela_canepa@crvi.org.**

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