

Respite

*"I love my kids. But it really helps me to take sometime for myself.
You know, take a break."
Alice, ECI Mom*

Just a short Break Can Make All the Difference.

Continuing the Care—Respite

As a parent of children with disabilities or developmental delays, you want them to learn, grow and be happy. But they need extra care and nurturing—the kind that only parents can give them. The reality is that it's hard work. No matter how strong you feel, at some point you will need a break—Respite.

What is Respite?

Respite gives parents the chance to take a break from the constant demands of caring for children with so many needs. Respite gives parents the chance to relax, reestablish connections with loved ones, and most importantly, refresh themselves physically and emotionally.

Respite is provided to families of children with disabilities currently enrolled in ECI. The best part of Respite is that it can occur in or out of your home, depending on the particular needs of your family and child.

How does Respite work?

ECI is currently providing funding for Respite.* If your child is eligible for ECI services, you can select an adult you feel comfortable leaving your child with, or any agency or community service you feel is qualified. It all begins with a call to your service coordinator. It's that easy.

Respite funding is limited and available on a first-come, first-served basis to families of children receiving ECI services. Families will be asked to help pay a small co-pay for Respite when financially able.

Tips on finding a Respite provider:

- ☞ Ask your family members, friends, service coordinator, doctor, teacher or your child's home visitor
- ☞ Call the United Way, Mental Health Mental Retardation Centers, local ARC's, United Cerebral Palsy Centers, or local child care centers
- ☞ Place an ad in your church or school bulletin
- ☞ Contact local college for students studying in fields such as early childhood intervention education, nursing, motor or speech therapy
- ☞ Contact your local hospital
- ☞ Contact other state agencies or their regional offices.

*Not all programs are participating in Respite.

Department of Assistive and Rehabilitative Services (DARS), Division for Early Childhood Intervention Services (ECI)
4900 North Lamar Blvd., Austin, Texas, 78751
DARS Inquiries Line – 1-800-628-5115 or TDD Line – 1-866-581-9328 or visit the ECI website at www.dars.state.tx.us/ecis

Your Local Program Information:

