

AHRC SUMMER SLEEP-AWAY CAMPS FOR CHILDREN AND ADULTS

Camp is a wonderful opportunity for individuals to have an enjoyable summer vacation away from the city and a wonderful opportunity for families to take a break from the responsibilities of care giving.

Camp Anne located on the New York State side of the Berkshire Mountains, offers two-week sessions for adults, two-week session for teens, and a one-week session for children between the ages of five and twelve. Camp Anne is open to people who are moderately, severely or profoundly retarded and range in age from five through adulthood.

Harriman Lodge located in the Catskill Mountains is an alternative to traditional summer recreation programs and offers two-week vacation sessions for adults over the age of 18 who function independently.

AHRC Mainstream Camping in association with the YMCA of Greater New York offers totally integrated camping for children with special needs between the ages of 6 and 15 who would like to spend two weeks in a camp setting with typical children. Two sessions are available.

AHRC SUMMER VACATION RESPITE FOR SCHOOL-AGE CHILDREN (5 TO 21)

Summer day camps in all five boroughs are a perfect, fun-filled respite opportunity for children and their families at the end of August when school is out and most camp sessions are over.

Two sessions in late August for school-age children with special needs. Door to door transportation is available.

AHRC SCHOOL HOLIDAY RESPITE FOR CHILDREN (5-21)

Fun-filled respite opportunity for children and their families over Christmas vacation and Spring break when school is out.

Programs available in Queens, Brooklyn and Manhattan. Door to door transportation is available.

**FOR INFORMATION ON ANY OF THE
PROGRAMS DESCRIBED IN THIS
BROCHURE, PLEASE CONTACT:**

**AHRC'S CENTRAL INTAKE UNIT
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take
a
break!
respite services

And Enrich the Life
of Your Family Member
with a Developmental
Disability

Respite Services
at AHRC New York City

For family members of an individual with a developmental disability who lives at home, doing a lot of things – going to a doctor, or food shopping or simply relaxing -- presents a serious dilemma. Who will take care of the family member with a disability when his or her caregiver must attend to necessary chores or needs to take a break?

Who can be trusted to undertake this job?

From the perspective of an individual with a developmental disability what is there to do after day program, on weekends, during vacations? Are there activities for this individual to engage in that will make his/her life more fulfilling?

respite services

A variety of respite services are offered by AHRC New York City. Respite services give caregivers a break while enriching the lives of individuals with developmental disabilities who are engaged in meaningful and enjoyable activities.

respite

respite opportunities at AHRC

AHRC IN-HOME RESPITE SERVICES

Families may receive respite services in their home.

These respite services are paid for through a Family Support Services Contract from OMRDD and there is no Medicaid eligibility requirement. Families are offered an average of 10 to 16 hours a month of respite in their own home.

AHRC FREE-STANDING RESPITE

For families needing planned out-of-home overnight respite for their family member with a developmental disability AHRC operates respite houses/apartments.

Respite houses/apartments are located in all five boroughs. After an initial screening, individuals with developmental disabilities four years of age and older, of any functioning level, may receive these waiver services provided by fully trained staff, for up to two consecutive weeks.

AHRC YEAR-ROUND RECREATIONAL ACTIVITIES FOR CHILDREN AND ADULTS

A large array of socialization and skill-building programs are available providing creative, age-appropriate recreation opportunities to individuals with developmental disabilities and providing a needed break for caregivers.

Program activities, some geared to specific age groups and populations, take place in the five boroughs, in the evenings, on weekends, and on holidays and include:

- Educational Activities (including computer classes)
- Arts and Creative Dramatics
- Music and Dance
- Sports (including bowling and softball)
- After School and Saturday Recreation Programs
- Dinner Dances with D.J.'s
- Escorted Vacations and Trips
- Day Trips in the Community

dance

day trips

AHRC WEEKEND OVERNIGHT HOTEL RECREATION (AGES 18 AND OVER)

A unique opportunity for individuals with developmental disabilities to spend a fully supervised, recreation-filled weekend away from home at a hotel in Nanuet, New York.

This is limited to three weekends per year per individual. Individuals must be self-medicating. They are picked up at designated meeting places in each of the five boroughs and must be transported to that meeting place by their families.

AHRC FAMILY WEEKENDS IN THE COUNTRY (FAMILIES WITH CHILDREN OF ALL AGES)

Families can escape to the country together where they can engage in fun leisure activities of their choosing while their family member with a disability is engaged in activities with other individuals.

From September to May, groups of two to four families, parents and their children with disabilities and those without, can partake in a weekend at AHRC's Harriman Lodge and Camp Anne where staff plans and supervises recreational, social and leisure activities for consumers and other family members have time to enjoy themselves in any variety of activities.

RECREATION