

### Case History #3:

Mr. and Mrs. Goodson are 78 and 81 respectively. Their son, David, 51, has lived with his parents for his whole life. He goes to a day program, but has never stayed out of home overnight. In the past several years, the Goodsons have experienced serious health problems. With Mr. Goodson ailing, Mrs. Goodson is having more trouble coping with the needs of David and her husband. Although she doesn't want to admit it, if her husband becomes incapacitated, she will not be able to manage both her husband's care and her son's. Connie, David's sister, has been deeply involved with her family and has been worrying about just this kind of escalating situation for many years. Her parents have been resistant to speaking with Connie about a residential transition for David: the Goodsons don't want their son to move out; they don't want to consider any transitions, because they feel guilty--unreasonably so, in Connie's judgement--for their inability to care for David forever. They are scared of the future and the unknown. As a crisis looms -- "I know the freight train is coming", she says -- Connie has decided to take a different tack. She will suggest to her mother that to give David--and all of them-- a chance to see what it was like for David to be out of the house overnight, they arrange a weekend respite. Connie hopes this will be a first step in making a more permanent arrangement. Overnight or weekend respite can be repeated, if successful, or shortened, if necessary--and can even lead to David joining recreation programs or taking a vacation independently of his family. And it may also suggest to her mother that the family should take steps toward a residential transition for David.

### • Family Getaway Weekends in the Country:

AHRC's Department of Camping and Recreation also offers respite weekends for families at its Harriman Lodge, from September to June. Groups of two to four families, parents and children (disabled and non-disabled) join for a weekend of fun, rest and relaxation. Roundtrip transportation to Harriman Lodge in the New York Catskill Mountains is provided. Groups leave from New York City on Friday evening and return on Sunday. **There is no cost to families.** **Eligibility:** Family "get away" weekends are open to all families caring for a person with a developmental disability at home. Persons of all functioning levels, including those with physical disabilities, are eligible.

AHRC staff plans and supervises recreational, social and leisure activities for the disabled person throughout the weekend, allowing parents and other family members time to enjoy themselves. Harriman Lodge has nature trails, a lake, and recreation equipment. Field trips to local attractions are also offered. All meals are prepared and served by AHRC staff. The emphasis of the weekends is on reducing stress and bringing the family unit closer through shared experiences. **For further information contact AHRC's Director of Harriman Lodge.**

### • In-Home Respite for Families of Infants and Toddlers with Developmental Delays (0-3):

AHRC provides in-home respite services to families of infants and toddlers, thereby supporting caregivers with the difficult task of raising a child with special needs. All families with children with developmental disabilities are eligible, regardless of income, as long as Early Intervention Respite Services are recommended in the child's Individualized Family Services

Plan (IFSP) or an amendment to the IFSP. Providers of early intervention services can refer families, or a family can directly contact AHRC Coordinator of In-Home Services.

### Camping Services:

• **Harriman Lodge:** is an alternative to traditional summer recreation programs--a vacation resort for adults with mental retardation. The Lodge serves persons age 21 and over, with mild or moderate retardation who are generally able to care for themselves. There are a limited number of openings for non-ambulatory individuals. And accommodations are available to married couples.

The Lodge offers 5 sessions of 2-week vacations. Each session accommodates up to 62 guests. The environment is supervised but non-restrictive. Guests are treated with respect, making their own decisions on how to spend their time. Each day a variety of age appropriate recreational and social activities are offered. Guests choose from arts and crafts, boating, cooking, dance, horse back riding, miniature golf, music, nature, sports or swimming. Evenings offer typical resort activities. Staff provides gentle guidance and oversight as needed.

• **Camp Catskill:** offers a traditional summer camp experience to persons, aged 5 through adulthood, with moderate, severe and profound retardation. There are limited openings for those who are non-ambulatory or semi-ambulatory. Camp offers 4, two-week sessions, and a one week session for children aged 5 to 10 years old. Each session can accommodate up to 135 campers in 12 cabins situated on 100 acres of fenced in grounds. Each cabin accommodates up to 12 campers with a minimum of 6 live-in staff. The camp atmosphere is structured, yet relaxed. Activities include arts and crafts, boating, cooking, dance, music, nature,

## AHRC New York Sibling Committee

Chair: Ruth Pickholz  
Vice Chair: Kathryn Edmundson

Conover Brown, Jack Gorelick, Marsha Heiman, Julie Hyman, Charles King, Victoria Liska, Randy Rosen, Nilsa Santiago, Jeanne Sdroulas, Lee Slominsky

Issue Editors:  
Randy Rosen  
Nilsa Santiago

AHRC Staff Representatives:  
Dr. Randy Martin, Sibling Services Manager  
Dr. Cynthia Frankel, Chief Psychologist, Department of Family and Clinical Services

Our special thanks to: Ellen Rosman, AHRC Director of Residential Services; Ron Martin, Director of Camping and Recreation; Petra Pizzulli, Director of Home Care Services; Joe Szmuller, AHRC Entitlements Specialist; Daniel Brewer, Coordinator of Recreation Services; and Nancy Newhouse, Respite Unit Manager for their time and invaluable review of this information. Our gratitude as well to Shirley Berenstein, Director of Program Development and Yael Schneiderman, for producing this Bulletin, and to Roz Medley, CSEP, Office of OMRDD, for her assistance.

**SIB**  
**Sibling**  
**Information**  
**Bulletin**  
IS PUBLISHED BY THE SIBLING COMMITTEE OF AHRC,  
NEW YORK CITY  
200 Park Avenue South  
New York, NY 10003  
(212) 780-2500

continued from page 6

sports, swimming--all under careful staff direction and supervision. (Camper/counselor ratio is 1:1, 2:1, or 4:1.) Independence in daily living skills, communication and appropriate social interaction are encouraged.

Both **Harriman Lodge** and **Camp Catskill** are located in New York's Catskill Mountains. Campers are transported by bus from New York City at no cost. Fees are calculated on a sliding scale basis. For information contact AHRC Department of Camping and Recreation.

## Important Telephone Numbers:

AHRC Services  
200 Park Avenue South  
New York, NY 10003  
(212) 780-2500

AHRC Sibling Services Manager  
Dr. Randy Martin  
(212) 780-2592

Respite Placement, Respite and Free-Standing Respite  
Ellen Rosman  
(212) 780-2507

AHRC Crisis Team, Department of Family & Clinical Services:  
**Manhattan and Bronx:**  
AHRC (718) 367-3701  
**Brooklyn:** Call OMRDD  
(718) 642-6000  
**Queens:** YAI (718) 897-4332 ext. 14, 15, 16)  
**Staten Island:** Call OMRDD  
(718)982-1940/1944

Respite Information  
AHRC Department of Camping and Recreation Services  
(212) 780-2526

Camp Catskill:  
(212) 780-2526;  
Summer (914) 292-4160  
Harriman Lodge:  
(212) 780-2527  
Summer (518) 589-6000

AHRC Home Care Services:  
(212) 780-2719 or 2519

AHRC Respite Unit Manager:  
(212) 780-2509  
AHRC Overnight Respite:  
(212) 780-2605

AHRC Senior Recreation Supervisor:  
Hotel Respite: (212) 780-2588  
Day Respite: (212) 780-2585

AHRC Waiver Services Coordination:  
(212) 780-2723

AHRC Clinic:  
(212) 780-2652

**MAILING LIST:** Do you have a family member, or know someone with a developmentally disabled sibling who would benefit from being on the mailing list? Send their name and address to AHRC.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

AHRC's Sibling Program sponsors a monthly Adult Sunday Sibling Support Group. For the fall schedule and information, call Dr. Randy Martin (212) 780-2592.

**Only \$10 Will Make You a Member of AHRC**