

**Non-AHRC Residential Sources:**  
There are many organizations providing residential placement options. For help with applying for residential placement with other agencies, contact your sibling's case manager.

**To obtain complete listing of residential resources (send for NYSRA Membership Directory):**  
New York State Association of Community and Residential Agencies  
155 Washington Avenue, Suite 308  
Albany, NY 12210  
(518) 449-7551

**For a copy of regulations governing New York State facilities send request to:**  
Director, MR Standards  
Development Regulatory Affairs Unit

NYS Office of Mental Retardation and Developmental Disabilities (OMRDD)  
44 Holland Avenue  
Albany, NY 12229

**Overnight Respite houses are located in:**

**Manhattan**  
317 West 95th Street  
New York, NY 10025  
(212) 864-5122

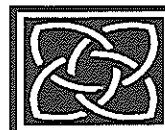
**Bronx**  
2134 Bruckner Blvd.  
Bronx, NY 10473  
(718) 792-9205

**Brooklyn**  
81 Ocean Parkway  
Apt. 4G  
Brooklyn, NY 11218  
(718) 437-5894  
**Queens**  
90-11 Winchester Blvd.  
Queens Village, NY 11447  
(718)464-5122

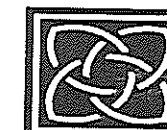
**Staten Island**  
105 Houston Street  
Staten Island, NY 10314  
(718) 447-6877  
**Note: Please do not contact respite houses directly to obtain respite services. Call the Respite Unit Manager.**

**Regional OMRDD Offices:**  
Manhattan: (212) 229-3113  
Queens: (718) 217-4242/5722  
Brooklyn: (718) 642-6000  
Bronx: (718) 430-0835  
Staten Island: (212) 229-3231  
(Regional Offices are in Manhattan)

**Commission for the Quality of Care for the Mentally Disabled**  
Clarence Sundram, Chairman  
99 Washington Avenue  
Albany, NY 12210  
(800) 624-4143



**SIB**



**SIBLING INFORMATION BULLETIN**

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## RESPITE & RESIDENTIAL SERVICES

This issue of **SIB** focuses on AHRC's Respite and Residential Placement Services. Although each service can be accessed separately, they are discussed together as they often work in mutually supportive ways. Short-term respite stays, including camping, provide a change of pace away from home for your disabled sibling. They also provide support for other family members who may need time for themselves -- a break from caretaking responsibilities. Apart from these short-term benefits, respite experiences can be important transitions. Respite can promote **readiness** in our brothers and sisters with disabilities, in our parents -- and even in ourselves--for a later separation and our sibling's move into a long-term residential placement.

The same solution will not fit all families. Please use this overview to acquaint yourself with the options available. Contact the appropriate AHRC Department (*telephone numbers are listed at the end of this Bulletin*) and arrange to talk about your sibling's respite needs and the available residential prospects. *Waiting lists for residences are long (see pg. 4) . It can take years and persistent effort to achieve a successful placement. The earlier you begin, the more likely it is that your sibling will have a place should he/she ever need one.*



SIB-Sibling Information Bulletin  
AHRC-New York City  
200 Park Avenue South  
New York, NY 10003

### What is Residential Placement?

#### There are four types of AHRC Residences:

They serve a spectrum of people from those with mild to profound retardation, some of whom have physical disabilities. Many factors affect the type of residence that is best for your brother or sister. The general rule of thumb in choosing one type of placement or another is the level of professional staffing required by an individual--the kind of clinical staff (e.g. nurses, behavioral specialists, recreational or physical therapists, or psychologists) and direct care staff that are needed to care for him/her:

Finding an Enriching Respite Experience or a Happy Residential Placement For Your Disabled Brother or Sister Is Possible.

**The Sooner You Get Started, The Sooner You'll Succeed.**

### What Is Respite?

For the families of the developmentally disabled, doing simple everyday things--going to the doctor, to the movies, or a restaurant, taking a vacation or even a short break from the full-time job of being a caregiver--presents a serious dilemma. Who will serve as a temporary caretaker for their disabled sibling? Who can be trusted to undertake this job? Be it in the form of an overnight stay at a Respite house, or two weeks away at camp, for some families such breaks offer not only "a breather" but actually introduce *the very idea that it is even possible* for the developmentally disabled family member to survive and *thrive* while away from the home and in the care of a non-family member.