

SIB

SIBLING INFORMATION BULLETIN

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AHRC New York City

Winter 2004

Take a Break and Enrich Your Sibling's World: After Day Programs, During Vacations, On Weekends

RESPIRE SERVICES AN INTRODUCTION:

For families of an individual with a developmental disability who lives at home (not in a residential placement) doing a lot of things - going to the doctor, going shopping, getting a short break from the full time job of being a caregiver - presents a serious dilemma. Who will serve as caregiver for the family member with a disability? Who can be trusted to undertake this job?

From the perspective of an individual with a developmental disability what is there for this person to do after day program, during vacations, on weekends? Are there activities that will make their lives more fulfilling?

Respite services can give caregivers a break while enriching the lives of individuals with developmental disabilities who are engaged in meaningful and enjoyable activities.

What do AHRC families say about respite programs?

Staff are well trained, and they're there when we need them".- A Bronx Parent

"The respite services help the parents to do outside tasks/activity that could not be done with the consumer. Respite is the most important part of services to the disabled population and their family. Thanks a million".-A Queens Parent

*When I found out about **AHRC respite weekends** I*

"felt hope for the first time in years. I can only imagine that it would have been impossible for my brother to move on and have the wonderful life of his own he now has, without going through the small separations provided by the agency's respite program".

- An Adult Sibling

*"My brothers, regularly go to **Weekend Respite** they have been attending the Saturday recreation program for the*

past year, and they have received in-home services every other Sunday from an able husband and wife team. These services are invaluable to my family. Over time my widow mother has found that Respite Services are enjoyable for my brothers and are helpful to her. She has realized that my brothers can survive away from home, they can actually thrive."- An Adult Sibling

AHRC SUMMER SLEEP AWAY CAMPS FOR CHILDREN AND ADULTS:

Camp is a wonderful opportunity for consumers to have an enjoyable summer vacation away from the city and a wonderful opportunity for families to take a break from the constant responsibilities of caregiving.

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

HARRIMAN LODGE, located in the Catskill Mountains is an alternative to traditional summer sleep-away programs and offers five two-week vacation sessions for adults aged 18 and over who are mildly or moderately retarded.

For more information, about either camp call **212-780-2526/7**.

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 16 who would like to spend two weeks in a camp setting with typical children. Two sessions are available. For information, call **212-780-2581**.

AHRC SUMMER DAY CAMPS FOR SCHOOL- AGE CHILDREN (5 -21)

Summer day camps are a perfect, fun-filled respite opportunity for children and their families in each of the five boroughs at the end of August when school is out and most camp sessions are done. For information, call **212-780-2520**.

Two sessions in late August for school-age children with special needs. Door to door transportation is available. For information call **212-780-2581**

AHRC RECREATIONAL ACTIVITIES FOR CHILDREN (AGES 5 AND OVER) AND ADULTS (OF ALL AGES)

A large array of socialization and skill building programs 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:

- Arts (including, for example, photography)
 - Crafts
 - Educational Activities (including, for example, community college classes and computer classes)
 - Creative Dramatics
 - Music and Dance
 - Sports (including bowling and softball)
 - After School and Saturday Recreation Programs
 - Bi-monthly Dances
 - Escorted Vacations and Trips
 - Day Trips in the Community
- For information, call **212-780-2581**

AHRC WEEKEND OVERNIGHT HOTEL RECREATION (AGES 15 AND OVER)

A unique opportunity for individuals with developmental disabilities to spend a fully supervised, recreation-filled weekend at a hotel in Nanuet, New York while their family members get the chance to do whatever they need to do.

This is limited to three weekends per year per individual. Individuals must function in the moderate to mild range of mental retardation. They are picked up at designated meeting places in each of the five boroughs and must be transported to that meeting places by their families. For information, call **212-780-2581**.

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 consumers.

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 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. For information call **212-780-2527**.

AHRC IN-HOME RESIDENTIAL DAY HABILITATION SERVICES (MEDICAID ELIGIBLE FAMILIES WITH A DISABLED CHILD, AND ALL CHILDREN AS CHILDREN ARE MEDICAID ELIGIBLE REGARDLESS OF FAMILY INCOME)

Families may be eligible to have a trained habilitation counselor come to their home for anywhere from 4 to 20 hours a week (depending on need and availability) to assist them in meeting their care giving responsibilities. This offers a family the opportunity to take a break while their child with a disability is taken care of by a trained worker.

To receive these services, a family must apply to AHRC's In-Home Services Department. A Service Coordinator will be assigned to a family who will assist in developing a service plan that will be sent to OMRDD for approval. After approval, a habilitation counselor will be assigned and services will commence. Initially, this process will take several months. For information, call **212-780-2520**.

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 and there is no Medicaid eligibility requirement. Families are offered an average of 10 to 14 hours per month of respite in their own home. For information, call **212-780-2520**

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 where the individual can stay from anywhere from one night up to two weeks.

Respite houses/apartments are located in all five boroughs. After an initial screening, individuals four years of age and older, of any functioning level may receive services provided by fully trained staff, for up to two consecutive weeks. For information, call **212-780-2605**.

RESOURCES OUTSIDE OF AHRC

There are several non-AHRC resources that may prove helpful to families seeking respite opportunities.

RESOURCES FOR CHILDREN WITH SPECIAL NEEDS, PUBLISHES SEVERAL GUIDES that provide information on respite opportunities.

For example:

After School and More: After School, Weekend and Holiday Programs for Children and Youth with Disabilities and Special Needs in the Metro New York Area, is a directory with more than 450 out-of-school time programs, from tutoring, educational remediation, homework help, sports, the arts, dance, drama, music and crafts to travel excursions, social life, and child care. Cost of the guide is **\$25**.

Camps 2004: A Directory of Camps and Summer Programs for Children and Youth with Disabilities and Special Needs in the Metro New York Area, is a complete source of summertime information for children with special needs in the northeast. It is available in Spanish and English at the cost of **\$22**.

The Comprehensive Directory: Programs and Services for Children and Youth with Disabilities and Special Need and Their Families in the Metro Area, includes more than 2,600 agencies providing more than 4,000 services and programs. Cost of the guide is **\$55**

**All these guides are available from:
Resources for Children with Special Needs, Inc.
116 East 16th Street, 5th Floor
New York, NY 10003
For information, call
212-677-4650 or e-mail to:
info@resourcesnyc.org**

FAMILY SUPPORT SERVICE CONTRACTS BY BOROUGH

These lists of family support service contracts for each borough is available by contacting the DDSO in each borough. Family support services are designed to assist families in caring for their family member with a developmental disability.

Manhattan DDSO 212 - 229-3000

Bronx DDSO 718 - 430-0700

Brooklyn DDSO 718 - 642-6151

Staten Island DDSO 718-983-5200

Queens DDSO 718-217-4242

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