

## **Respite Care**

Temporary care provided in the home or at another location for someone needing assistance with daily living activities to allow a break for the usual care provider.

Article

### **Respite and the Faith Community ~ Fact Sheet**

The ARCH National Respite Network and Resource Center's fact sheet on Respite and the Faith Community provides information on how faith communities can provide or support respite services.

Source

[ARCH National Respite Network and Resource Center](#)

Article

### **Adult Day Services and Respite ~ Fact Sheet**

The ARCH National Respite Network and Resource Center fact sheet on Adult Day Services and Respite provides a primer on how Adult Day Services provide an option for respite for family caregivers.

Source

[ARCH National Respite Network and Resource Center](#)

Links

### **American Camp Association: Find a Camp**

Source

[American Camp Association: Find a Camp](#)

Article

### **Exploring Respite Opportunities and Options**

The ARCH National Respite Network and Resource Center developed a summary of respite options outside of the formal respite services system.

Source

[ARCH National Respite Network and Resource Center](#)

Books & Guides

## **Charting the LifeCourse: Respite Guide**

[Charting the LifeCourse: Respite Guide](#) is a unique resource that provides helpful information for caregivers. Being a caregiver can be both rewarding and challenging, so it's important for caregivers to take care of themselves.

Source

[Missouri Family to Family](#)

Books & Guides

## **A Practical Guide to Respite for Your Family**

["A Practical Guide to Respite for Your Family"](#) is a valuable resource for family members of children with disabilities and chronic or terminal illnesses. This tool will assist you in finding different respite options that may be available in your community.

Source

[Partnership for People with Disabilities, VCU](#)

Article

## **9 Steps to Respite Care for Grandfamilies**

Grandparents or relatives caring for grandchildren or other related children may face special challenges. Respite services can provide you with a much-needed break away from your caregiving responsibilities.

Source

[ARCH National Respite Network and Resource Center](#)

Article

## **9 Steps to Respite for Family Caregivers of Children and Adults with Intellectual and Developmental Disabilities**

If you are a parent or family member providing support to a child or adult with an intellectual or developmental disability, respite services can provide you with a much-needed break away from your caregiving responsibilities.

Source

[ARCH National Respite Network and Resource Center](#)

Links

## **Charting the LifeCourse Respite Tools**

These respite tools provide information on the importance of respite, tools for thinking about and planning for respite, and additional resources for finding informal respite in the community. Resource materials include a respite guide book, portfolio and other tools meant to help family caregivers caring for anyone of any age or disability to create a plan to access respite services whether within or outside of the formal services system.

Source

[Charting the LifeCourse Respite Tools](#)

Article

## **Caregiving 101: On Being a Caregiver**

Caregiving has many challenges and also many rewards. This article covers important topics for caregivers.

Source

[Family Caregiver Alliance](#)

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