

Respite Voucher or Scholarship Programs provide financial assistance to home-based caregivers for the cost of temporary respite care. Programs may have limitations and specific eligibility requirements.

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](#)

Article

Virginia Lifespan Respite Voucher Program

The Virginia Lifespan Respite Voucher Program provides reimbursement vouchers to Virginia caregivers for the cost of short-term respite care provided to individuals, of any age, with a documented disability or special need.

Source

[Virginia Department for Aging and Rehabilitative Services](#)

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 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](#)

Article

A Practical Guide to Respite for Your Family

This resource is helpful for family members of children with disabilities and chronic or terminal illnesses. It is designed to be used by family members and by professionals assisting families in finding and accessing respite options.

Source

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

Article

Making the Most of Respite

This tip sheet from the Delaware Lifespan Respite Care Network provides ideas to help you make the most of your respite time.

Article

A Variety of Respite Programs Available

Learn more about the types of respite programs that are available to assist with caregiving needs from the ARCH.

Source

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

Article

Respite for Individuals with Neurological Conditions - Fact Sheet

This fact sheet from ARCH provides respite information for adults with neurological conditions including epilepsy, Alzheimer's disease and other dementias, cerebrovascular disease including stroke, ALS, Multiple Sclerosis (MS), Parkinson's Disease, brain tumors, and TBI.

Source

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

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