

Considerations for Finding EFMP Respite Care

This information will help you determine the EFMP respite care setting (home or community) or type (co-op, camp, hospital) that will best suit your Family circumstances.

You may prefer that your child or adult Family member be cared for in your own home because:

- Your EFM is comfortable in your home and would not have to adjust to a new place with a different routine.
- Your home is already “safety-proofed” for your EFM’s safety and convenience.
- You can feel secure in the knowledge that you can remain at home as long as you like, until you feel comfortable leaving your child/adult Family member with an EFMP respite care provider.
- All of the necessary equipment, food, medication and toys are within reach and do not need to be transported to another location.

If you think that in-home EFMP respite is best for you, consider the following questions:

- Will you feel comfortable having an EFMP respite care provider in your home?
- Will you receive the break that you need with in-home EFMP respite care service?
- Would you prefer to use your EFMP respite time in your own house doing projects that aren’t possible to do with your EFM around?
- Can you make arrangements with an EFMP respite care provider who doesn’t drive?

A quick look at EFMP respite provided in the community setting.

EFMP respite care that you can arrange outside your home is considered community EFMP respite care. In your area, respite may occur in one or several of these places:

- In a respite center or residential program;
- In a recreational setting;
- In a child development center or child development center;
- In a youth program;

- In a camp setting;
- In the home of a licensed Family Child Care Provider;
- In a hospital, nursing home or hospice for children with medical needs.

You may like community respite because:

- It provides an opportunity for your EFM to interact with others;
- It allows you to complete household tasks that are difficult to do when others are present;
- It may boost your EFM's self-esteem because he or she was not left behind at home while you left home to have fun.

If you think community respite is best for you, consider the following questions:

- Will it be so difficult for you to leave your EFM in an unfamiliar place that you will not enjoy your respite time?
- Will your EFM have difficulty adjusting to another setting?
- Will you be able to arrange for transportation?
- Will packing the clothing, toys, medicine and other equipment require so much planning that your respite break will not be worth the effort?
- Will your EFM receive sufficient individual attention?