



Respite Care Guide

Because caregivers deserve rest, too—and rest makes care stronger

What Is Respite Care?

Respite care provides temporary relief for parents and caregivers of individuals with disabilities, medical needs, or neurodiverse conditions. It can be a few hours, a weekend, or longer—offering trusted support while caregivers recharge, attend appointments, or simply breathe.

Types of Respite Care

Type	Description
In-home respite	A trained provider comes to your home to care for your child
Out-of-home respite	Your child visits a center, program, or care provider's home
Emergency respite	Short-term care during crises or unexpected needs
Planned respite	Scheduled breaks for vacations, work, or mental health

How to Access Respite Care

- **Medicaid Waivers:** Many states offer respite through Home and Community-Based Services (HCBS) waivers
- **Local Agencies:** Check with regional disability services, school districts, or nonprofits
- **Respite Registries:** Some areas have searchable databases of trained providers
- **Faith-Based & Community Programs:** Churches, YMCAs, and local centers may offer free or low-cost options
- **Private Providers:** Agencies offer paid respite with trained staff—check credentials and reviews

💛 Tips for Families

- Ask for references and meet providers beforehand
- Share routines, preferences, and calming strategies
- Start with short visits to build trust
- Use respite time for rest, joy, or catching up—not guilt
- Keep a “Respite Ready” folder with emergency info, meds, and contact numbers

🧠 Printable Ideas to Pair With This Guide

- “Respite Ready Checklist”
- “My Child’s Care Profile” worksheet
- “Emergency Info Card”
- “Caregiver Recharge Menu” scroll
- “Respite Log” to track providers, dates, and notes

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