

# Unique Respite Care Opportunities: Established Programs and Ways to Create Your Own

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# Overview

- Respite care definition
- Considerations for a Respite Care Program
- Development of Two Respite Programs:
  - FrontLine Traumatic Brain Injury Retreats
  - Camp Cranium
- Your ideas

# Respite Care

- Short-term, temporary relief for caregivers
- Another person or group assumes caregiving responsibilities for a period of time
- A change from typical-care arrangements
- Can be inside or outside of the home

# Respite Care Program Development

- Consider:
  - Program goals
  - Target population
  - Location
  - Programming
  - Fundraising

# Example 1: FrontLine Traumatic Brain Injury Retreats

- Program goals
- Target population
- Location
- Programming
- Fundraising

# Example 1: FrontLine Traumatic Brain Injury Retreats

## ■ Program Goals

- Providing rest, relaxation and renewal for survivors and family members.
- Providing opportunity for networking.

## ■ Target Population

- Survivors, families and friends, spouses, parents, and siblings.

# Example 1: FrontLine Traumatic Brain Injury Retreats

## ■ Location

- Camps, private properties, hotels. (be creative)

## Programming

- “Simple” is good for the family.
- Massage therapy, good food prepared for the guest!
- The “break” in the daily grind is what we focus on.

## ■ Fundraising

- Local Business, churches, friends and family

# Example 2: Camp Cranium

- Program goals:

1. An enjoyable, safe experience for children with brain injury to gain independence away from caregivers
2. A break for caregivers from everyday care demands

- Target population:

Camp is open to children 6 – 17 with any type of acquired brain injury; must be medically stable

# Example 2: Camp Cranium

- Location:

Central Pennsylvania- Millville

Camp Victory, a camp for children with special needs

- Programming:

Juggling needs of campers, parents, and therapists

# Example 2: Camp Cranium

- Fundraising:
  - Events, mailings, and website
  - Lessons learned:
    - Most challenging aspect of respite care development
    - Needs to be a yearlong process
    - Best done with a team rather than a lone individual

# Conclusion

- If opportunities for respite in your area are lacking, it is possible to create your own program!
- Be prepared for hardwork, roadblocks, and unanticipated challenges
- Build a team who is committed to the goal

# Your Ideas

- Please share with the group:
  - Your knowledge of any existing respite care programs in Pennsylvania and beyond
  - Your ideas for needed respite programs