

How do I find appropriate support for my child with autism so that I can get a break?

Parenting a child with autism spectrum disorder (ASD) can be a lot of work, and at times, very stressful. Taking care of yourself is an important way of ensuring that you have the energy and focus to be a successful caregiver to your child and family. Caring for yourself may include alone (“me”) time, physical activity, spending time with your significant other, and/or with friends and family. Respite is specialized childcare that allows you to get a much-needed break so that you can care for yourself. Respite care can be funded through the Family Support for Children with Disabilities (FSCD) or the Persons with Developmental Disabilities (PDD) programs. See Tip Sheet on “Funding”.

- Think in practical and realistic terms about what type of respite would work best for your family.
- Plan regular breaks and put them into your schedule.
- Think about the type of caregiver that could best provide support.
- Respite can be provided inside or outside of the family’s home.
- To find a respite worker, check the resources below and/or the job boards or websites of universities and colleges. You can post a job profile on these websites indicating the hours and days that you require support.

RESOURCES

The Resource Centre (a Sinneave Family Foundation initiative) does not endorse or guarantee the exhaustive, complete, accurate or up-to-date nature of information provided and does not assume any risk for the outcome of information or referrals provided.

Autism Aspergers Friendship Society (AAFS)

FSCD approved. Respite in the form of recreational activities outside the home and community access.

Phone: 403.246.7383
Email: Info@affs.com
Websites: aafscalgary.wildapricot.org

Autism Calgary

An accessible and easy to read respite chart of available services, the location in the city, and the billing method.

Phone: 403.250.5033
Website: autismcalgary.com/resources/

Care.com Alberta Special Needs Care Listings

An on line resource listing various caregivers. You can narrow your search by the location and the type of caregiving required.

Website: care.com/en-ca/?rx=Online|CareUSVHP|General|General

Carya

Provides a range of programs for children with disabilities and their families, including homecare and emergency childcare. They offer the Urgent Family Care Program: in home, short term care with sliding scale fees. Their respite services may be reserved for times of crisis.

Phone: 403.269.9888. For Urgent Care phone: 403.205.5238
Email: info@caryacalgary.ca
Website: caryacalgary.ca

Children's Cottage Society

Offers crisis nursery, respite care, and family support for parents and children in Calgary. This organization helps strengthen families by demonstrating leadership through a network of crisis, respite, and support services.

Phone: 403.283.4200

Website: childrenscottage.ab.ca

Children's Link Society

Provides a list of services for housing, respite care and other residential services. The website also contains general information about respite (e.g. what it is, how to hire a worker). Respite information can be found under the *Children's Services* link.

Website: childrenslink.ca/Portal/DesktopDefault.aspx?tabid=85

Community Living Alternate Services Ltd. (CLAS)

Provides residential support, community outreach, recreation, day programs. PDD funded.

Phone: 403.283.4410

Email: info@c-l-a-s.ca

Websites: c-l-a-s.ca

Darrell Cook Family Managed Supports Resource Center (Inclusion Alberta)

Assists families who have a Family Managed Supports (FMS) contract funded through Persons with Developmental Disabilities (PDD). FMS is a funding option for families who wish to take a primary role in organizing the supports and services for their adult family member with developmental disabilities. Staff at the organization will assist you with the application, approval, planning, and administrative processes involved in this funding option. They also offer workshops and networking opportunities. Their website offers tips on recruiting, hiring, and managing a support worker.

Phone: 403.539.8192

Address: Suite #211, 4014 Macleod Trail SE Calgary, AB T2G 2R7

Email: DC-FMS@inclusionalbarta.org

Website: fms.inclusionalbarta.org

Developmental Disabilities Resource Centre (DDRC)

Provides respite, in-home support services and supported roommate. They also offer resources for academics and career exploration, competitive employment, recreation and leisure support, as well as disability awareness training sessions.

Criteria: PDD funded. Has to be in day program.

Phone: 403.240.3111

Address: 4631 Richardson Way S.W., Calgary, Alberta, T3E 7B7 Canada

Website: ddrc.ca

Enviros

Respite Care Connection provides respite for families with children (aged 6 to 17 years) with challenging behaviors to allow them to remain with their families and in their communities. Enviros offers additional community services: Youth Transitions to Adulthood (15.5 to 22 years), Foster Care, and other family support services.

Phone: 403.219.3499

Address: 220, 3115 12th St NE Calgary, AB T2E 7J2

Website: enviros.org

Excel Society

Provides respite and support/group home opportunities. PDD funded.

Phone: 403.730.2117

Email: cgyinfo@excelsociety.org

Website: excelsociety.org

Just 4 U Family Services

Provides respite care for families with special needs as well as typical children.

Phone: 403.590.2122

Email: info@just4ufamilyservices.com

Website: just4ufamilyservices.com

Inclusion Alberta

Connects families with children and youth with developmental disabilities to potential staff through their on line database. Inclusion Alberta also specializes in providing advocacy supports to families.

Phone: 403.717.0361

Email: mail.calgary@inclusionalberta.org

Website: inclusionalberta.org

Hull Services

Cedarbrae Teaching Home is just one of many residential services targeted to individuals aged 14-17 years with developmental delays, and social and emotional challenges. They aim to teach independent living skills and social skills needed to transition effectively into adulthood. Some staff may be trained to provide Triple P parent coaching in the home. Hull's Youth Transitioning to Adulthood (YTA) program is part of their Independent Living supports that offer in home services for families needing help navigating the system. They also provide support with behaviour management.

Phone: 403.542.7841

Address: 3755 Cedarrile Drive S.W. Calgary, AB T2W 3J5

Website: hullservices.ca

Independent Counselling Enterprises Inc.

Provides a multitude of services, including in and out of home respite.

Phone: 403.219.0503 or 1.800.565.5710
24 Hours a Day
7 Days a Week
Address: 4888 72nd Ave SE, Calgary, AB T2C 3Z2
Email: icecalgary@icenterprises.com
Website: icenterprises.com/pages/services.html

McMan Calgary

Foster care and housing and support services, as well as a Respite Care Connection (RCC). RCC program provides out-of-home respite with consistent care providers to support biological, foster, and adoptive parents who care for high-needs children, youth and/or those with a recognized disability or diagnosis.

Phone: 403.280.6293
Address: #80, 6712 Fisher Street SE, Calgary, AB T2H 2A7 - Respite Care Connection
Email: Calgary@mcman.ca
Website: mcmancalgary.ca/index.html

New Age Services

Provides a community access day program, outreach, respite, residential support services through their Complex Behavioural Home, monitoring services and more. PDD funded.

Phone: 403.242.6672
Address: 3920 – 29th Street N.E. Calgary, AB T1Y 6B6
Email: information@newageservices.ca
Website: newageservices.ca

OPTIONS (Optional Rehabilitation Services Inc.)

Provides residential support, community access and in-home supports, day alternative support, and residential support facilitation for dependent children/adolescents with disabilities. PDD funded. Residential homes differ from traditional "group homes" models, with typically two or three individuals sharing a house.

Phone: 403.236.8802 (SE) OR 403.271.4260 (SW)
Website: optionsrehab.org

Resicare Society of Calgary

Provides community-based day support, outreach, and residential support. PDD funded.

Phone: 403.286.3709
Address: 7625 – 35th Ave. N.W., Calgary, AB T3B 1T4
Website: resicare.org

Resourceful Futures Community Support Ltd

Provides residential support, community access and respite care for those 18 years and over. Services offered to individuals funded by PDD, other government agencies, or privately.

Phone: 403.531.8631
Address: 2918 3rd Ave. N.E., Calgary, AB T2A 6T7
Email: rfcsl@resourcefulfutures.org
Website: resourcefulfutures.org

Responsive Children's Supports Inc.

Provides residential supports and respite services to children and adolescents. Residential services are for children who are experiencing behavioral, emotional and/or mental health challenges which interfere with their skill development, quality of life, and community inclusion. Two types of respite services are provided: in-home and facility based (Kidz Hotel). Both services are designed to serve the needs of those with a disability who experience emotional, behavioral challenges.

Phone: 403.207.5115 Ext. 298
Address: 210, 495-36 Street N.E., Calgary, AB T2A 6K3
Email: info@responsivechildrenssupports.com
Website: responsivechildrenssupports.com

Stepping Into Life Inc.

Provides respite care for families. Options include hourly, daytime, night time, 24 hours, several days at a time, or on a weekly basis. Services are for individuals of any age. Payment can be arranged through FSCD and PDD, or privately.

Phone: 403.295.2010
Website: steppingintolife.ca

Supported Lifestyles

Provides residential services (community homes and supportive roommates) and relief services for adults with developmental disabilities.

Phone: 403.207.5115
Address: 210, 495-36 St. N.E., Calgary, AB T2A 6K3
Email: info@supportedlifestyles.com
Website: supportedlifestyles.com

Vantage Enterprises Ltd.

Provides support homes, independent living support, individualized support services, and community access services. The services are funded by PDD, FSCD, or privately.

Phone: 403.276.9403
Address: 219 - 18 Street SE, Calgary, AB T2E 6J5
Email: info@vantageenterprises.net
Website: vantageenterprises.net

Last Updated January 2019