

HIRING RESPITE



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WHAT IS RESPITE?

Respite is short-term care for a child that provides relief for the primary caregivers.

WHY HIRE A RESPITE WORKER?

- Take time to recharge and give yourself a break. Use the time for self-care, doing errands or to schedule date night!
- Gives your child a chance to experience new environments, meet new people and have fun!

DIFFERENT WAYS TO RECEIVE RESPITE

- Hire privately
- Respite through an agency
 - Manages schedules and billing; have a staff of respite workers
 - Examples of agencies: DDRC, Post Natal Helpers LTD
- Respite through community activities for your child
 - Examples of programs - AAFS, Between Friends

HOW TO HIRE A PRIVATE RESPITE WORKER

1. Post an ad on a local University job board, community association, or on indeed. Include your child's age and diagnosis, **level of expertise needed**, weekly hours and pay range.
2. Arrange a **meet and greet** with any strong applicants. Discuss your child's strengths and needs and ask about the applicant's experience. Continue interviews until you find a suitable applicant.
3. Negotiate terms of hire such **as compensation, the number of hours per week** they will work and how many months they can commit to those hours for. Obtain a copy of a recent criminal record check and child intervention check (or your local equivalent).
4. Schedule your **first respite session for training and observation**. Review the 'all about me' together, provide coaching and support, and observe the respite worker's style.
5. Establish a **regular schedule** for the agreed upon term, then re-evaluate.

