

Respite

What is Respite?

The main function of respite care is to support the family or primary caregiver for a specific period of time, while facilitating a positive and rewarding experience for the person with a disability.

Respite supports are intended to help strengthen the family's ability to care for their child in the family home.



Benefits of Respite

- Meet the care needs of the child
- Offers the child opportunities to develop social, recreational, and life skills
- Strengthens families by reducing stress and thereby improving long-term functioning
- Maintains or enhances the quality of life for families of children with disabilities
- Increases parental feelings of well-being and mental health
- Reduces social isolation and caregiver burnout
- Improves parental ability to cope
- Helps create space for strengthening relationships (spousal, sibling, individual with disability, friends, family, etc.)

Benefits of Private & Agency Respite

Private Respite (home/neighbourhood/community)	Agency Respite (community/agency location)
<ul style="list-style-type: none">• Child and family routines and relationships are retained• The child's surroundings are familiar• Special equipment used by the child is not needed in more than one site• Transportation may not be necessary	<ul style="list-style-type: none">• Child gets a change in routine and has the opportunity to socialize and develop relationships• Parents can concentrate on their other children, themselves, or other activities• The family may not need to leave their home which involves less cost

To view respite options, explore our Community Resource Database [here](#).

Interviewing a potential respite worker or aide



If you are planning to hire a private respite worker or aide, you will need to assess your family's **needs, interests, and expectations.**

Below are sample interview questions you can use when interviewing a potential respite worker or aide:

Please tell me about yourself.

Please expand on your experience working with people with disabilities.

Why are you interested in providing care services?

Describe your strengths and areas you are working on.

What hours are you able to work? Are there specific times or days you are unable to work?

Are you willing to take my child out of the home for activities?

Do you have any special training or experience you would like me to be aware of?

If my child is upset or angry, how will you handle the situation?

Do you consider yourself a self-starter? Are you prepared to come up with creative ideas and activities or do you prefer a specific plan to be given to you?

Do you have a valid Police Check, Vulnerable Person's Check, First Aid/CPR, and/or Driver's License?

INTERVIEWING TIP:

Consider booking an interview at your home when your child is present and during a busy time of day. This can allow the interviewee to get an honest look at the challenges and you can see how they respond.

How to post an ad on the MRU JOB BOARD



- 01** Open up an internet browser (Google Chrome, Firefox, Safari) and enter <https://myjobs.mru.ca>
- 02** When you arrive at the **MyCareerHub** Homepage, click on the drop down **'Employers'** on the right hand side of the page.
- 03** Click on **'Register'** to create an account. Kindly note that it is recommended to enter the Organization Name as **"Private Home"**.
- 04** The Career Service Department will email you with the necessary guidelines to post an ad to approve your registration.
- 05** If the registration is approved, you will be able to add the job posting with full description into your account.
- 06** The Career Service Department will check if the job posting follows the previously mentioned guidelines to approve it.
- 07** If the job posting is approved, it will be added to the Job Board where all the students and graduates can check it.