



“Reaching the Peak”

Innovative and Cost Effective
Community Based Respite Programs



RESPITE CARE is a nonprofit organization that provides short-term care for children with developmental disabilities, giving respite to parents and enhancing the quality of life for the entire family. We believe that a child with a disability is a child first and his or her challenges are secondary. With this mission and philosophy in mind, Respite Care strives to create an interactive and safe environment that meets the physical and emotional needs of each individual child.



Define “Respite”

- to relieve temporarily, especially from anything distressing or trying; give an interval of relief from
- a break, rest, or reprieve
- Respite is important for everyone because it gives families an opportunity to recharge and reenergize, which increases positivity and productivity in the community
- creates an opportunity for parents to pursue school, further their careers, and spend more time with their families



Brief History

- ◉ founded by parents in 1981, doors opened in 1982
- ◉ City of Fort Collins donated house, very affordable rent, **2003 land donated, decision made to build a new building**
- ◉ 5 families, 15 staff in 1982, **140 families, 38 staff in 2016**
- ◉ goal was to provide 2,500 hours of care during the first year (achieved), **provided over 55,000 hours of care last year**
- ◉ Open **24 hours, 7 days** a week
- ◉ **Sliding fee scale** based on yearly income
- ◉ **Minimal** State and Federal financial support

Our Respite Family

Donors

Volunteers

Families

Childcare
Specialist Staff

Administrative
Team

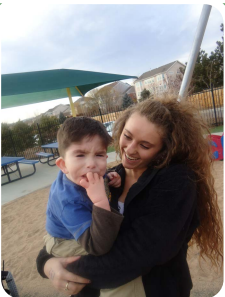
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Peace of Mind



A few ways families use Respite

- Overnights
- Day Care
- Emergency Care
- Socialization



Staff Trainings

- Medications
- Seizure Management
- Lifting & Transferring
- CPR
- G-tube Feedings
- Toileting
- Special Diets
- First Aid



Important Extras

- 2-3:1 ratios
- Open 24/7
- Sliding Fee Scale
- Unique service in Larimer County



Specialized Care



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Enhancement



Prom
Wilderness Camp
Day Camp
Respite
Slumber Parties
Field Trips



Day Camp

Day Camp is a Summer program at Respite Care that enables us to provide care for more kiddos offsite by partnering with volunteer groups. They spend the week one-on-one having fun on different community outings while freeing up space at Respite Care.



Day Camp Logistics

- 10 summer weeks
- 10 children, 2 staff, 10 volunteers
- Monday-Friday, 10 am – 2 pm
- 8 weeks in the community, 2 weeks of Horse Camp
- 1 week of Music Camp in summer 2017?!
- Destinations include: Inspiration Playground, City Park Pool, Lee Martinez Farm, Fort Collins Museum of Discovery, Old Town, Denver museums, and more!



Volunteers

- 162 volunteers
- 2,477.5 hours
- = \$22,297.50
- Partnerships
- Paired 1:1



Budget, Cost, and Evaluation



- Staff cost
- Supplies
- Activities
- Transportation

- Evaluation Goal:
parent survey

Respitality



Respite Care partners with its local center board for developmental disabilities to host Respitalities. These are fun-filled afternoons or evenings where children with special needs *and their siblings* are invited to come participate in fun activities!

Respitality Logistics

- 15 events each school year
- 22 children, 3-5 staff, 22 volunteers
- Care for children with developmental disabilities and their siblings up to age 12
- Saturdays from 1-5 or 6-10
- Returning volunteer groups
- Themes include: Disney, Football, Wizard of Oz, Candy Land, Frozen, Colorado, and many more!
- Staff leadership opportunity



Volunteers

- 221 volunteers
- 813.7 hours
- = \$7,323.30
- Partnerships
- Paired 1:1



Budget, Cost, and Evaluation

- Staff cost
- Supplies
- Activities
- Transportation
- Evaluation Goal:
parent survey



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Community Impact

- Board of Directors
- Interns
- Nursing Students
- Tours
- Volunteers
 - Sports teams
 - CSU



ToothZone



Community

Pi Kappa Phi



CSU Football



Story Time with Mary Ann

Launching a New Program

- ◉ Funding
- ◉ Timing
- ◉ Starting small
- ◉ Marketing to families
- ◉ Community involvement

Lessons Learned

- Too much too soon
- Donor designations
- Don't be afraid to grow
- You can't be everything to everyone
- Be flexible
- Have fun
- Strong, mission-based leadership
- Visionary leadership

“You are BRAVER
than you believe,
and STRONGER
than you seem,
and SMARTER
than you think.”

A.A. Milne, Winnie the Pooh

Our Respite Care Garden



(Respite Before and After)





Respite Care

Questions or Comments?

What does the future hold?

- reach more families
- expand our programs
- spread awareness

Take Aways

- Increase awareness as community members
- Increase awareness as professionals
- Enroll more families
- Increase funding