

FAMILIES SPEAK OUT

Quotes from families in the Northwest Territories who care for a relative with a disability before receiving respite support...

- “I must be always aware of my child’s needs and my child’s care without a break, day in and day out.”
- “I can hardly keep myself healthy because I have to work so hard to keep my child healthy.”
- “It’s difficult to find time to spend with other family members.”
- “I don’t have time to be involved in the community.”
- “It’s not right that I am my child’s best friend.”



RESPIRE SERVICE

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RESPIRE SERVICE



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RESPITE SERVICE

Introduction

The mission of the Yellowknife Association for Community Living is to help those with intellectual disabilities and their families to live meaningful lives in supportive communities. The Association has been developing and expanding numerous programs to increase the participation of those with intellectual disabilities in community life in Yellowknife since the early 1980's. Some of our programs and services include the following:

- The Literacy Outreach Centre (offered in partnership with Aurora College)
- The Summer Café and Catering Service
- Employment support offered through the EmployABILITY office
- Residential support for people who live in their own apartments
- Information and support for families living with FASD

Despite these services, families supporting people with intellectual and/or physical disabilities still felt a need for support. A grass roots respite group was formed in the early 90's. The group expanded in 2002 and a focus group made up of local families was formed in 2003 in order to determine the needs of families and to develop a definition of respite that would best describe and meet those needs. Yellowknife Association for Community Living's Respite Service was then developed.

What is "Respite"?

Respite is a service offered by the Yellowknife Association for Community Living and is funded by the Yellowknife Health and Social Services Authority.

Respite is planned, part time relief designed specifically for families who are supporting a family member with a disability.

Respite Service is...

- Family directed
- Designed to meet the individual needs of families
- Supportive of family unity and community inclusion
- Easy to access without a great deal of paper work and assessment
- Offered in and out of the family home
- Available to people of all ages

Goal of the Respite Service



Responsive to families needs

The goal of the Respite Service is to provide safe, individualized and flexible respite support to families (primary caregivers) as well as offer individuals with disabilities more opportunities for inclusion in community activities.

Who will provide respite?

Respite workers who have been recruited and trained by the Yellowknife Association for Community Living will provide respite support in family homes or in the community on a part-time and casual basis.

Is there a fee for this service?

There is no charge for the Respite Service; however, families are responsible for expenses associated with community activities for both their family member and their Respite Worker.

How do families access the Respite Service?

Families can refer themselves to the respite service by contacting the Respite Service Coordinator. Alternatively, families can be referred by a community group, family doctor, school official, or other service organizations or agencies.

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