

RESPITE ACTIVITIES



MOVIE
NIGHT



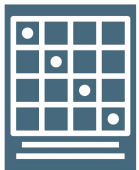
ARTS &
CRAFTS



BAKING



BOARD
GAMES



BINGO



DANCES




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HOURLY RESPITE SERVICES

WHAT IS RESPITE?

Respite services provide short-term relief to families and individuals who are responsible for the primary care and support of individuals with disabilities. Caring for a loved one offers a mixed bag of feelings for the caregiver. Some may experience love, anger, guilt, and joy all at the same time.

Respite is time off from your care-giving experience, which can bring a freshness to your life and rejuvenate you to continue to care for your loved one at home. Caregivers utilize this service to ensure that needs of their loved ones are met while attending other obligations.

The Arc offers respite services to OPWDD eligible individuals residing in Madison, Cortland, and Oneida counties. Three locations for hourly respite are available in Oneida: at Main Street Dayhab, Winoa Hall Activity Center, and St. Paul's United Methodist Church.



WHAT YOU CAN EXPECT AT RESPITE

- Hourly respite available weekdays and Saturdays to accommodate a wide range of schedules
- Services run from 3:00 pm until 8:00 pm
- A wide variety of activities are offered during that time
- All Respite activities take place on-site
- Calendars are mailed out each month, so families and individuals choose activities and respite hours that best fit their needs
- Trained respite staff are CPR, First Aid, and AED certified, as well as knowledgeable, creative, and compassionate