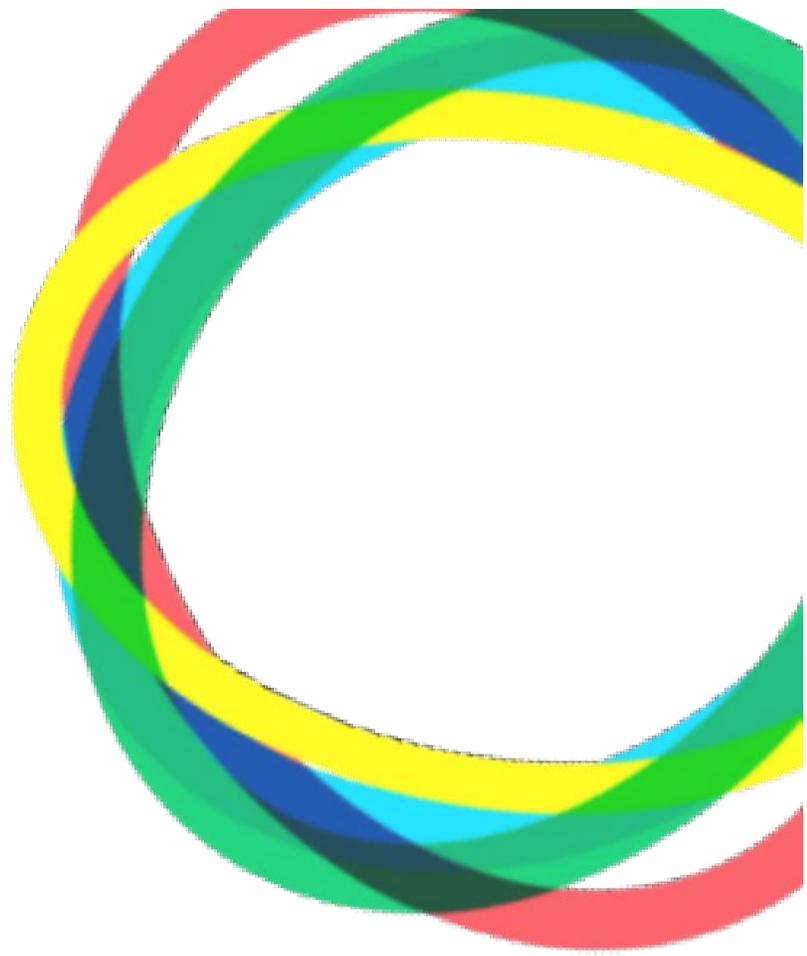


Regina Respite Registry



Inclusion Regina

2216 Smith Street

Regina, SK S4P 2P4

306 790-5680

info@inclusionregina.ca

www.inclusionregina.ca

(Registry can be found on the website under Resources)

Last Updated: June 2017

What Is Respite?

Respite is a planned, temporary, short-term break so you can take some time for yourself to:

- Rest, take a breather, or run an errand
- Take a holiday
- Spend time with other family members
- Pursue other interests
- Respond to an emergency situation

Respite can be provided in the home of the primary caregiver or in the home of the respite worker. Respite may also include social outings or scheduled appointments.

What Is the Respite Registry?

The registry is a list of individuals who are available to provide respite care. To be listed on the registry, Respite Providers complete an application, and provide a criminal record check and a vulnerable sector check. An informal interview and information session is conducted by the Respite Coordinator. Parents and Caregivers are encouraged to check references when hiring.

How is Respite Funded?

For families who qualify, financial assistance is available from the Saskatchewan Ministry of Social Services - Community Living Services Delivery (CLSD). A respite benefit is provided based on the needs of the child and the income of the family. Please contact Community Living Service Delivery to determine eligibility. For more information, please visit.

Website www.saskatchewan.ca/residents/family-and-social-support/people-with-disabilities/temporary-help-for-families-caring-for-a-child-with-intellectual-disabilities

*****please visit <http://publications.gov.sk.ca/documents/17/30344-CLSD-Family-Respite-Program-factsheet.pdf> for more information from Community Living Service Delivery's Respite Program*****

How Does the Registry Work?

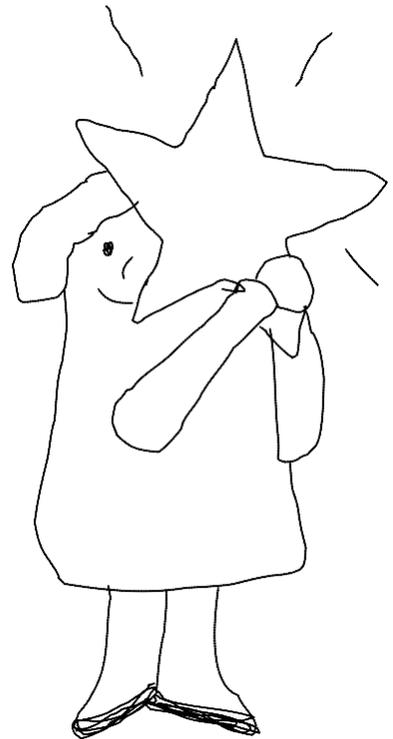
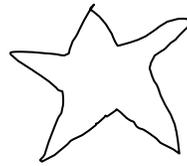
Copies of the respite registry are available from:

- Inclusion Regina: Phone 306-790-5680 or email: info@inclusionregina.ca
- Regina Qu'Appelle Health Region: Phone 306-766-7311
- Your Medical Social Worker at Wascana Rehabilitation Centre Phone 306-766-5565
- Community Living Service Delivery, Ministry of Social Services Phone 306-787-3848
- Website www.inclusionregina.ca under resources
- Variety of Community Based Organizations in Regina and the surrounding area

Families can find someone that best suits their needs by using the listings in the registry (see white pages), and making their own arrangements including initial contacts, reference checks, interviewing and negotiating hours and wages.

Note: Neither the Respite Registry Co-ordinator nor the Community Co- management Respite Committee is responsible for the quality or standards of care provided. The parents hiring the care provider have full responsibility for screening, hiring and monitoring the care provider to ensure adequate care. The Registry provides the names of persons who have expressed an interest in providing care.

Selecting And Keeping A Care Provider



Guidelines for Selecting a Care Provider

Before You Start

1. Decide how and when you want respite
 - in your home, or in the care providers home
 - days, evenings, weekends, holidays
2. Make a list of the qualifications required
Do you want the care provider to know about/have?
 - certain therapies
 - administering medications
 - seizures
 - CPR or first aid
 - experience
3. Contact Inclusion Regina by email at info@inclusionregina.ca or by phone to (306) 790-5680.

Interviewing

1. Choose 2 or 3 people from the registry
2. Contact them by phone, cell, or email (if an email address is provided –Mark subject as Looking for respite)
3. Be sure to DISCUSS WAGES – hourly or day or overnight rates.
4. Arrange to meet in your home so you can get to know each other and the potential care provider can meet your family member. Some things you may want to talk about are:
 - Does the care provider have relevant experience?
 - Does the care provider have any training?
 - Would the care provider be willing to receive training?
 - Is the care provider willing to provide an environment consistent with the family's expectations, including bed time routines, eating schedules, going on outings, etc.?
 - How would the care provider respond in an emergency?
 - Is the care provider willing to accept siblings?
 - How does the care provider handle discipline? Is it consistent with the way you feel it should be handled?

5. If respite is to be provided in the care provider's home, make an appointment to visit their home. Bring a list of the things you want to look for or ask about such as:

- Who else lives in the house? Do they assist?
- Is the home accessible to your family member?
- Where will your family member sleep?
- Does anyone smoke in the home?
- Are there pets in the home?
- Do you consider the home to be a safe environment? For example,
 - Are dangerous household items stored properly?
 - Are electrical outlets covered?
 - Are there fire extinguishers and smoke detectors?
 - Is the yard fenced and safe?
 - Are the stairs safe?

Check References

1. After meeting with the potential respite care provider, ask for their references and make contact.

Questions you may want to ask include:

- How long have you known this person?
- In what capacity do you know them?
- What is your opinion of them?
- Do you think this person would be suitable to work with my family member who has _____ disability?

2. All individuals who are on the Regina Respite Registry have a criminal record check and a Vulnerable Sector Check on file.

Guidelines for Keeping a Care Provider

Finding and keeping a care provider you can depend on and trust requires certain responsibilities on the part of your family.

Knowing that your family member is safe and well cared for benefits everyone. To this end, developing a positive relationship with a skilled and effective care provider is invaluable.

Developing a Relationship

Key to the development of a good relationship is open and honest communication. It is important for a care provider to know your family and understand what is expected. It is often useful to begin by having the care provider and your family spend an evening or a day together. This helps to ease into the relationship. As people become more comfortable they can spend longer periods of time together.

When the care provider is in your home she/he is there to assist your family member. When you want her/him to take on additional tasks, such as support for other family members, or housework, this must be negotiated.

It is also very important that every effort be made to provide a salary that reflects the care provider's responsibilities, commitment and expertise.

Personal Care Guide

A Personal Care Guide is a useful tool to tell a care provider about your family member. A care guide can take any form you like and can include a photo, brief biography and medical information. Some information you could include is listed below:

Emergency Information

- Contact name and number if you cannot be reached
- Your doctor's phone number
- Your hospital's emergency number
- Your family member's hospitalization number

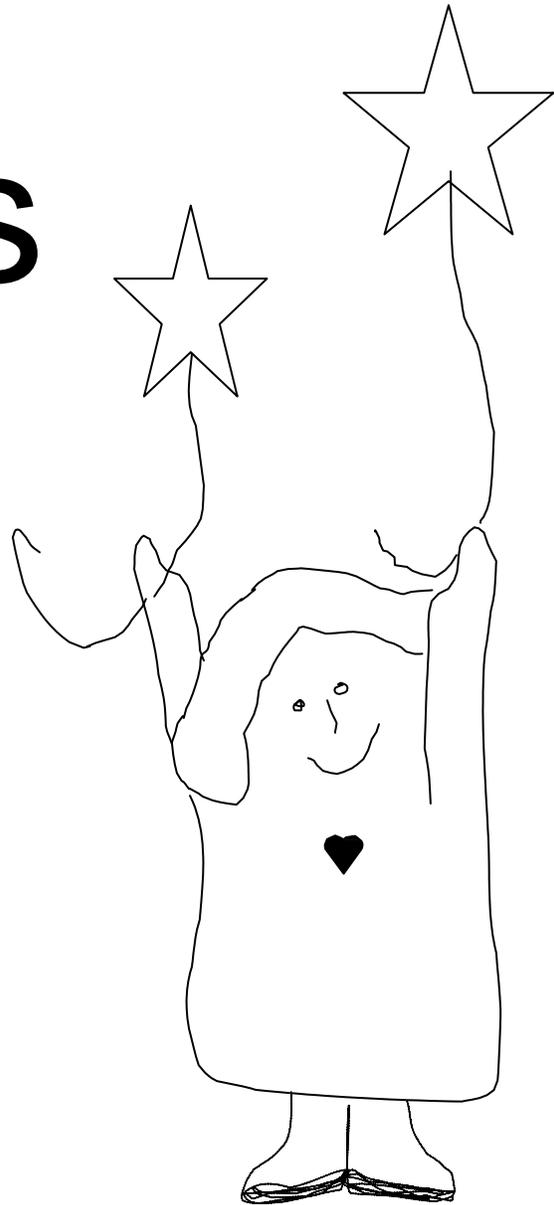
Medical Information

- Allergies
- Medications
- Seizures
- Pulmonary Care
- Gastrointestinal feeding

Personal Care Information

- Eating schedules, likes and dislikes
- Communication methods and particular behaviors
- Personal assistance needed for dressing, bathing, etc.
- Bedtime routines
- Therapies
- Leisure activities and friends
- Likes, dislikes, fears

Other Respite Services



Children's Program, Wascana Rehabilitation Centre

2180 23rd Avenue

Contact The Children's Program – Social Worker 306-766-5736

Wascana Rehabilitation Centre, Children's Program offers periodic, short-term supportive care to provide respite to families and foster families of children with disabilities.

To be eligible your child must:

- Be currently served by the Children's Program through Wascana Rehabilitation Centre
- Be medically stable
- Require specialized nursing care

Cost: Free

Community Living Service Delivery – Outreach Program

Saskatchewan Ministry of Social Services, 2045 Broad Street

Contact Your CLSD Worker or 306-787-3848

This program provides funding to provide respite to parents with a child under the age of 18 years. The Outreach Program will pay a monthly benefit based on the needs of the child. An assessment is done by Community Living Service Delivery to determine the amount of benefit. The benefit amount is income tested. The process to receive this benefit could take up to 3 months.

To be eligible:

- Your family member must have an intellectual disability.

For more information visit : www.saskatchewan.ca/residents/family-and-social-support/people-with-disabilities/temporary-help-for-families-caring-for-a-child-with-intellectual-disabilities

Regina Residential Resource Centre (RRRC)

1047 Wadey Drive

Contact: Your CLD Social Worker or 306-352-3223

The Resource Centre provides short-term care in a home setting. The home is available to families who receive funding through Community Living Service Delivery Outreach Program (see above). A family can use the respite home up to 70 days per year. Five days notice is required, with the exception of crisis situations, also, wheelchair accessible.

To be eligible: Parents must fill out an application form, which is submitted, to the Home Care Committee for approval

Cost: contact and discuss as they may vary depending on needs.

For more information visit <http://rrrc.ca/respite-home/>

Cornerstone Companion Services Inc.

Contact: Cindy @ 306-546-4288 or 306- 949-4405

Mental Health Care Workers with RQHR - Licensed, insured, criminal background checks, clean driving abstracts, CPR/First Aid

Experience working with; Alzheimer's, FAS, Autism, Schizophrenia, Bi-polar, addictions, depression, dementia, Post-partum, etc.

Cornerstone staff work in conjunction with community social workers, home health-care workers and family members.

In Home Visits
Accompanied Outings

Fee for service: contact for current fee

For more information visit: <http://www.ccsask.com>

**Regina Qu'Appelle Health Region Systems Wide Admission and Discharge Department
Pediatric Respite Service
4211 Albert Street**

Contact: Home Care

How does a family get services?

Anyone can request services by calling one of the numbers below:

Home Care Intake [at](#) 766- 7311

A complete needs assessment is done in the home or hospital. The appropriate care worker and hours of services are determined by the Pediatric Coordinator based on the child's assessed needs. The Pediatric Coordinator may discuss other supports or options that are available in the community if:

- Home Care is not the best option for the client and their family
- additional supports are needed

The Pediatric Home Care Team is a unique team that provides care to children with complex medical needs and their families.

The purpose of Home Care is to:

- promote family unity and independence at home
- provide support
- provide services in addition to other available services from the community

Who is on the Team?

Our Pediatric team includes:

- Pediatric Coordinator
- Primary Pediatric Nurse
- Occupational Therapist
- Licensed Practical Nurses and Registered Nurses
- Home Health Aides

Who Qualifies for Services?

- children with complex medical needs
- individuals from ages 0 to 22 years
- individuals must have a current or valid Saskatchewan Health card

What Services are Available?

There are a variety of services based on the assessed needs of the family. Services include:

- nursing care and assessment
- night services – trained staff care for the client to allow the family to sleep
- respite services – this allows the other family members to participate in activities outside the home.

Please note - Home Care service does not include supervision or care for other family members.

What does it Cost?

- There is no fee for professional services such as nursing, physical therapy or occupational therapy.
- Fees are set by the Provincial Government for services provided by a Home Health Aide.
- Depending on your income, you may be eligible for a subsidy which can reduce your monthly charges for home health aide services. This may be discussed with the Pediatric Coordinator.

(This is reprinted from the Pediatric Home Care Brochure)

The Regina Respite Registry a project of

The Regina Community Co-management Respite Committee:

Inclusion Regina

Saskatchewan Ministry of Social Services,
Community Living Service Delivery

Regina Qu'Appelle Health Region
Public Health Services

Respite Registry Information Package – Oct. /04

(Revised June 2017)