



Down Syndrome Association of Greater St. Louis

benefiting the lives of people with Down syndrome and their families through individual and family support, education, public awareness and advocacy

Sharing Our Strategies: What is respite? Why you may need it and how to get it.



Caretakers of children or adults with special needs often face additional stress as a result of balancing the needs of their child or adult with special needs with the needs of other family members and their own needs. Respite care is designed to help families. Getting a break can refresh and re-energize family members, reduce parental stress and help keep overwhelmed families together.



Respite is temporary relief care designed for families of children or adults with special needs.

In-home respite care is support provided on a short-term basis either at the home of the child or adult with special needs, or the home of the respite provider. Respite providers can be family (not parents or step parents) or friends who are over 16 and do not live in the home.

Out-of-home respite care is temporary care provided outside the home in a licensed or accredited Residential Care Facility (RCF).



Here's how to get started:

For Missouri Residents

To qualify for services (respite as well as others) first contact the Missouri Department of Mental Health, Division of Developmental Disabilities.

The toll free number is [800-207-9329](tel:800-207-9329) or contact your local regional office by finding it here: <http://dmh.mo.gov/dd/facilities/>

After qualifying, here's where you can find respite providers in your area:

For St. Louis City Residents

Step 1: Contact the Missouri department of Mental Health, Division of Developmental Disabilities.

Step 2: Apply for services on the application form provided for your regional center office.

Step 3: If determined by an evaluation that the client is eligible for services they will become a regional center client. Regional centers conduct screenings and assessments in home, or at another sites if requested.

For Residents in the St. Louis Area

St. Louis Arc - ARCH Program can provide in home services for St. Louis City and St Louis County residents

[\(314\)-569-2211](tel:3145692211) or <https://support.slarc.org/>

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Children's Home Society of Missouri is a center based program that can provide services to St. Louis County residents from birth to 19 years of age.

[\(314\)918-0492](tel:3149180492) or www.chsmo.org

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UCP Heartland in St. Louis, Jefferson City and Columbia offers In-Home and Residential Support options and is a great place to look, as well.

<http://www.ucpheartland.org/contact/locations/>

<http://www.ucpheartland.org/services/st-louis-family-services/>

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For St. Charles County Residents

Community Living has service available for all ages.

[\(636\)614-1320](tel:(636)614-1320) or <http://www.communitylivingmo.org/services/respiteservices/>

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For Illinois Residents

Step 1: Most important step the client and their family can take to receive assistance is to register with the Prioritization of Urgency of Need for Services (PUNS) database.

The client may call the Developmental Disabilities Hotline at 1-888-DD-PLANS and

[1-866-376-8446](tel:1-866-376-8446) (TTY) to assist the client with the process.

Step 2: The client must meet with a Pre-Admission Screening (PAS) or Independent Service Coordination Agency (ISC) to see if they are eligible for services. They can search the DHS Office Locator

Website: <http://www.dhs.state.il.us/> for a developmental disabilities office near them. This agency can help the client learn more about the DD service system.

Step 3: Once the screening is completed the Pre-Admission Screening organizations will provide the client with verified and objective information about the service providers in their area. The Pre-Admission Screening organizations will also help the client contact the providers to learn more about services. The client is the one who decides which providers they want to work with.



[Join the DSAGSL's Sharing Our Strategies Facebook Group](#)

A Facebook community just for care takers of individuals with Down syndrome - to share with each other helpful tips, suggestions, success stories, and challenges

