

Using the Respite Directory Listings

Why Respite is Important

Respite provides families of children with disabilities the break that all parents need from the demands of raising a family. By providing a temporary or periodic break, respite prevents and reduces family stress. Respite gives children opportunities to form relationships with other children and adults, access to recreation or enrichment activities, and a chance to socialize with peers.

Finding Respite Directory Listings

The Virginia Respite Services Directory organizes each program or agency according to its general geographic location within the Commonwealth of Virginia. In order to facilitate finding services within a geographic area, the directory has divided Virginia into five regions:

- Northern Virginia
- Southeast/Tidewater Virginia
- Central Virginia
- Northwest Virginia
- West/Southwest Virginia

Many of the respite services are available to families living outside of the region where they are listed, therefore be sure to check adjacent regions.

All of the information contained within the directory has come from written, email, and telephone correspondence with the agencies and programs listed. It is important to keep the listings up to date. You can help in that process by notifying us of changes.

Finally, inclusion in this document does not indicate an endorsement of a program by the Respite Resource Project or the Partnership for People with Disabilities at Virginia Commonwealth University. Likewise, omission of a program does not indicate disapproval of that program. The Respite Resource Project makes no judgment on the standards of operation of services that are listed in the directory.

Finding Community Respite Options

The Virginia Respite Services Directory is intended to serve as a reference or source of information for available respite services and options. Keep in mind that *there may be additional programs in your community that are not listed in this directory*. Be sure to check the resources in your area, even if they are not listed, including the following local agencies and programs:

- associations for retarded citizens (ARCs)
- child care centers and family child care providers
- child care resource and referral agencies
- community services boards
- departments of health
- departments of social services
- disability advocacy groups
- hospital, health care, and hospice programs
- local interagency coordinating councils for early intervention services
- parent to parent groups
- parent resource centers in the public schools
- recreation, leisure, and summer camp programs

