

## ***How do I find appropriate support for my child with ASD so that I can get a break?***

Parenting a child with autism spectrum disorder (ASD) can be stressful at times. It is important as a caregiver to take care of yourself so that you are able to take care of your child and family. This includes making time to spend with your significant other and friends separate from your child. Respite is care that allows you to get a much-needed break from caring for your child. Respite care can be funded through the Family Support for Children with Disabilities (FSCD) program.

- Think in practical and realistic terms about what type of respite would work best for your family.
- Plan regular breaks and put them into your schedule.
- Think about the type of caregiver that could best provide support
- Respite can be provided inside or outside of the family's home.
- Check the resources below and/or the job boards or websites of universities and colleges. You can post a job profile on these websites indicating the hours and days that you require support.

## RESOURCES

The Resource Centre (a Sinneave Family Foundation initiative) does not endorse or guarantee the exhaustive, complete, accurate or up-to-date nature of information provided and does not assume any risk for the outcome of information or referrals provided.

### **Autism Aspergers Friendship Society (AAFS)**

FSCD approved. Respite in the form of recreational activities outside the home and community access.

**Phone:** 403.246.7383

**Websites:** [aafscalgary.com](http://aafscalgary.com)

### **Autism Calgary:**

An accessible and easy to read respite chart of available services, the location in the city, and the billing method.

**Phone:** 403.250.5033, ext. 222

**Website:** [autismcalgary.com/content/griddata/RespiteServiceProviders.pdf](http://autismcalgary.com/content/griddata/RespiteServiceProviders.pdf)

### **CalgaryPaeds.org Section of Community Pediatrics Calgary**

Lists of behaviour supports and resources.

**Website:** [calgarypaeds.org/?page\\_id=1805](http://calgarypaeds.org/?page_id=1805)

### **Care.com Alberta Special Needs Care Listings**

An on line resource listing various caregivers. You can narrow your search by the location and the type of caregiving required.

**Website:** [ca.care.com/special-needs-alberta/20502](http://ca.care.com/special-needs-alberta/20502)

### Carya

Provides a range of programs for children with disabilities and their families, including homecare and emergency childcare. They offer the Urgent Family Care Program: in home, short term care with sliding scale fees. Their respite services may be reserved for times of crisis.

**Phone:** 403.2069.9888 or 403.205.5238 for Urgent Care

**Website:** [caryacalgary.ca](http://caryacalgary.ca)

### Children's Cottage Society

Offers crisis nursery, respite care, and family support for parents and children in Calgary. This organization helps strengthen families by demonstrating leadership through a network of crisis, respite, and support services.

**Phone:** 403.233.2273

**Website:** [childrenscottage.ab.ca](http://childrenscottage.ab.ca)

### Children's Link Society

Provides a list of services for housing, respite care and other residential services. The website also contains information on respite such as what it is and how to hire a worker. Go to [childrenslink.ca](http://childrenslink.ca) then *Find Services, Children's Services*, then *Respite*.

**Website:** [childrenslink.ca](http://childrenslink.ca)

### Darrell Cook Family Managed Supports Resource Center (Inclusion Alberta)

Assists families who have a Family Managed Supports (FMS) contract through Persons with Developmental Disabilities (PDD) funding. FMS is a funding option for families motivated to take a primary role in organizing the supports and services for their adult family member with developmental disabilities. Staff at the Centre will assist you with the application, approval, planning and administrative processes involved in this funding option. They also offer workshops and networking. Visit their website for tips on recruiting, hiring, and managing a support worker.

**Phone:** 403.539.8192

**Email:** [DC-FMS@inclusionalbarta.org](mailto:DC-FMS@inclusionalbarta.org)

**Address:** Suite #211, 4014 Macleod Trail SE, Calgary, AB T2G 2R7

**Website:** [fms.inclusionalbarta.org](http://fms.inclusionalbarta.org)

### Community Living Alternate Services Ltd. (CLAS)

Provides residential support, community outreach, recreation, day programs. PDD funded.

**Phone:** 403.283.4410

**Websites:** [c-l-a-s.ca](http://c-l-a-s.ca)

### Developmental Disabilities Resource Centre (DDRC)

Provides respite, in-home support services and supported roommate. Resources for academics and career exploration, competitive employment, recreation and leisure support and respite care. Offer disability awareness training sessions.

**Criteria:** PDD funded. Has to be in day program.

**Phone:** 403.240.3111

**Website:** [ddrc.ca](http://ddrc.ca)

## Enviros

Respite Care Connection provides respite for families caring for children (6 to 17 years) with challenging behaviors to allow them to remain with their families & in their communities. Enviros also has other community services: Youth Transitions to Adulthood (15.5. to 22 years), Foster Care, and other family support services.

**Phone:** 403.219.3499

**Website:** [enviros.org](http://enviros.org)

## Excel Society

Provides respite and support/group home. PDD funded.

**Phone:** 403.730.2117

**Website:** [excelsociety.org](http://excelsociety.org)

## HelperHeroes

HelperHeroes® is an online platform that connects families with respite care providers and other homemaking help.

**Website:** [helperheroes.ca](http://helperheroes.ca)

## Just 4 U Family Services

Provides respite care for families with special needs and typical children.

**Phone:** 403.590.2122

**Email:** [info@just4ufamilyservices.com](mailto:info@just4ufamilyservices.com)

**Website:** [just4ufamilyservices.com](http://just4ufamilyservices.com)

## Inclusion Alberta

Connects families with children and youth with developmental disabilities to potential staff through their on line database. Inclusion Alberta provides a lot of advocacy supports to families.

**Phone:** 403.539.5884

**Website:** [inclusionalberta.org](http://inclusionalberta.org)

## Hull Services

Cedarbrae Teaching Home is just one of many residential services which is targeted to individuals aged 14-17 with developmental delays, social and emotional challenges. They aim to teach independent living skills and social skills needed to transition into adulthood. Some staff may be trained to provide Triple P parent coaching in the home. Hull's Youth Transitioning to Adulthood (YTA) program is part of their Independent Living supports that offers in home services for families needing help navigating the system; includes support in behaviour management.

**Phone:** 403.251.8000

**Website:** [hullservices.ca](http://hullservices.ca)

## Independent Counselling Enterprises Inc.

Provides a multitude of services, including in and out of home respite.

**Phone:** 403.219.0503

**Address:** 4888 72nd Ave SE, Calgary, AB T2C 3Z2

**Email:** [icecalgary@icenterprises.com](mailto:icecalgary@icenterprises.com)

**Website:** [icenterprises.com](http://icenterprises.com)

## **Loramar Services Ltd.**

Provides supported room-mates for adults with PDD funding. Service is accessed through the individual's PDD Client Services Co-ordinator.

**Phone:** 403.246.1716  
**Email:** loramar@telusplanet.net

## **McMan Calgary**

Foster care and housing and support services, as well as a Respite Care Connection. The program provides out-of-home respite with consistent care providers. This supports biological, foster, and adoptive parents who care for high-needs children, youth and/or those with a recognized disability or diagnosis.

**Phone:** 403.280.6293  
**Address** #80, 6712 Fisher Street SE, Calgary, AB T2H 2A7 - Respite Care Connection  
**Website:** mcmancalgary.ca  
**Respite Care Connection Brochure:** [mcmancalgary.ca/doc/brochure\\_respite\\_care.pdf](http://mcmancalgary.ca/doc/brochure_respite_care.pdf)

## **New Age Services**

Provides a Community Access Day Program, outreach, respite, residential support services through their Complex Behavioural Home, monitoring services and more. PDD funded.

**Phone:** 403.242.6672  
**Address:** 3920 – 29th Street N.E. Calgary, AB T1Y 6B6  
**Email:** [information@newageservices.ca](mailto:information@newageservices.ca)  
**Website:** [newageservices.ca](http://newageservices.ca)

## **OPTIONS (Optional Rehabilitation Services Inc.)**

Provides residential support, community access and in-home supports, day alternative support, and residential support facilitation for dependent children/adolescents with disabilities. PDD funded. Residential homes differ from traditional "group homes" models, with typically only two or three individuals sharing a house.

**Phone:** (403) 271-4260 (SE) OR 403.271.4260 (SW)  
**Website:** [optionsrehab.org](http://optionsrehab.org)

## **Resicare Society of Calgary**

Provides community-based day support, outreach support, and residential support. PDD funded.

**Phone:** 403.286.3709  
**Address:** 7625 – 35th Ave. N.W., Calgary, AB T3B 1T4  
**Website:** [resicare.org](http://resicare.org)

## **Resourceful Futures Community Support Ltd**

Provides residential support, community access and respite care for those 18+. Services offered to individuals funded by PDD, other government agencies, or privately.

**Phone:** 403.531.8631  
**Address:** 2918 3rd Ave. N.E., Calgary, AB T2A 6T7  
**Email:** [lindam@resourcefulfutures.org](mailto:lindam@resourcefulfutures.org)  
**Website:** [resourcefulfutures.org](http://resourcefulfutures.org)

**Responsive Children's Supports Inc.**

Provides residential supports and respite services to children. Residential services are for children who are experiencing behavioral, emotional and/or mental health challenges which interfere with their skill development, quality of life, and community inclusion. Two types of respite services are provided: In-home and facility based (Kidz Hotel). Both services are designed to serve the needs of children/adolescents with a disability who experience emotional, behavioral challenges.

**Phone:** 403.207.5115 Ext. 298  
**Address:** 210, 495-36 Street N.E., Calgary, AB T2A 6K3  
**Email:** [info@responsivechildrenssupports.com](mailto:info@responsivechildrenssupports.com)  
**Website:** [responsivechildrenssupports.com](http://responsivechildrenssupports.com)

**Stepping Into Life Inc.**

Provides respite care for families to help recognize and respond to the needs of all family members. Options include hourly, daytime, night time, 24 hours, several days at a time, or on a weekly basis. Services are for individuals of any age. Payment can be arranged through FSCD and PDD, or privately.

**Phone:** 403.295.2010  
**Email:** [info@steppingintolife.ca](mailto:info@steppingintolife.ca)  
**Website:** [steppingintolife.ca](http://steppingintolife.ca)

**Supported Lifestyles**

Provides residential services (community homes and supportive roommates) and relief services for adults with developmental disabilities.

**Phone:** 403.207.5115  
**Address:** 210, 495-36 St. N.E., Calgary, AB T2A 6K3  
**Email:** [info@supportedlifestyles.com](mailto:info@supportedlifestyles.com)  
**Website:** [supportedlifestyles.com](http://supportedlifestyles.com)

**Vantage Enterprises Ltd**

Provides support homes, independent living support, individualized support services, and community access services. The services are funded by PDD, privately, or Children's services.

**Phone:** 403.276.9403  
**Address:** 219 - 18 Street SE, Calgary, AB T2E 6J5  
**Email:** [info@vantageenterprises.net](mailto:info@vantageenterprises.net)  
**Websites:** [vantageenterprises.net](http://vantageenterprises.net)

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