

A day of respite  
for you;

# Family Recess Respite Program



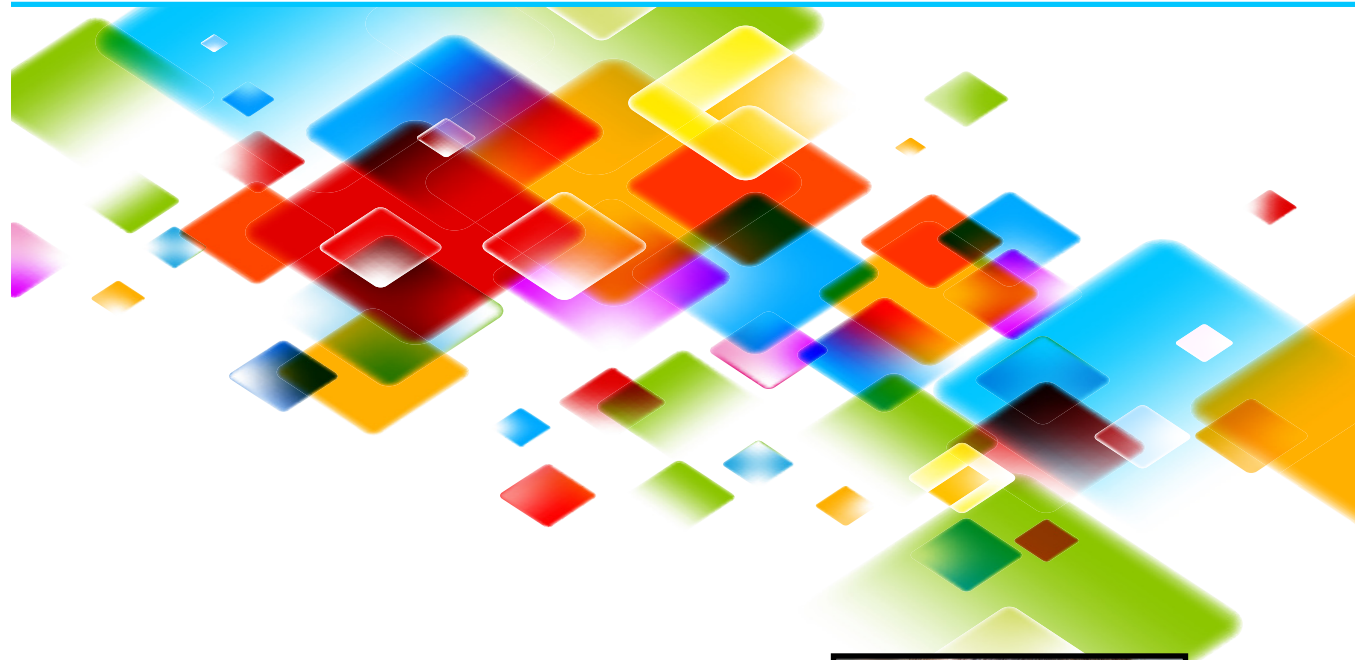
a day of fun  
for your  
special needs  
child and  
their siblings.

Our Family Recess Respite Program is for families of children and young adults who are developmentally or physically disabled.

It's a day of temporary care where your special loved ones are cared for by behavioral professionals and nursing students under the supervision of a registered nurse.

Eligible children and their siblings are welcome at our Respite Care Days. Our goal is for home caregivers to have a chance to relax and regain their strength, and for the children to have fun in a safe and nurturing environment.

Northeast Colorado Health Department  
Family Recess Respite Program  
700 Columbine St.  
Sterling, CO 80751  
970-522-3741 x1242 or 1247  
[kandicek@nchd.org](mailto:kandicek@nchd.org)





## How to participate

In order to participate in the Family Recess Respite Program, an application must be completed, reviewed and approved by NCHD staff, at least two weeks prior to a scheduled respite day. Applications and more information can be obtained by contacting:

Kandice Kramer  
970-522-3741 x1247  
kandicek@nchd.org.

Sherri Yahn,  
970-522-3741 x1242  
sherriy@nchd.org.

## What to expect

It's all about FAMILY! The day will be filled with crafts, games and recreation. Your child's specific needs will always be taken into consideration and they will be cared for on a one-on-one basis the entire day. Siblings can stay with their family member or play with other children under the supervision of a child care provider.

This is a grant funded program but we do ask for a small donation of \$15 per special needs child and \$10 for each sibling. We also ask that families pack a lunch for each of their children, ensuring that any special diets are accommodated.

Respite days are always held on scheduled Saturdays, 9:30 a.m. - 4:30 p.m. at locations in northeast Colorado. Children can come and spend a couple of hours or the whole day.

## Our caregivers

The caregivers for our special needs children are nursing students from Morgan Community College and Northeastern Junior College, who are under the supervision of a registered nurse.

Prior to the respite day a nursing student will perform an interview with each family and to familiarize themselves with the child's specific needs. At times a home visit may be more appropriate to have the parents train the student of the child's needs.

Other caregivers on site can also include licensed child care providers, behavioral health specialists, and other parents of special needs children. All caregivers involved have received background checks.

We want our parents, as well as our children, to feel comfortable knowing they are safe and well cared for.

## Eligibility

- Any child 3 years through 21 years of age who has a disability and lives in a family unit.
- Families must reside in Logan, Morgan, Phillips, Sedgwick, Washington or Yuma counties.

