

ATTACHMENT A

NJ Department of Children and Families, Children's System of Care (CSOC)

Respite: Family Support Services (FSS)

Respite Service Plans

Respite services as part of a service plan can achieve several goals:

1. Avoid "burnout"
2. Reduce stress
3. Prevent family disruption
4. Enhance relationships

Reasons for respite depend upon the unique needs of the family (primary caregiver) and will vary, for example:

1. Primary Caregiver needs one on one time with other child
2. Primary Caregiver would like time to relax at home
3. Primary Caregiver would like to join support group
4. Primary Caregiver would like to spend time alone with partner/spouse

Sample Respite Service Plans:

1.

Reason for Respite	How Often	Length of Time	Total Time	Type of Respite	Goal(s)
Primary Caregiver needs one on one time with other child	Twice a month	10 hours	20 hours/month	SHR	Enhance parent/child relationship, Prevent Family Disruption

2.

Reason for Respite	How Often	Length of Time	Total Time	Type of Respite	Goal(s)
Primary Caregiver would like time to relax at home	Two days per week	2 hours	16 hours/moh	AHR	Reduce stress, Avoid "burnout"