

Respite Services in Hamilton

Here is a list of respite services available to families and children with special needs. You can access these services through **Contact Hamilton**:

- Call 905-570-8888 or
- Visit their website at www.contacthamilton.ca

Community Living Hamilton

Community Living Hamilton:

- ✓ Supports people with developmental disabilities throughout their lives. Helps their families, friends, neighbours, teachers, employers and other community partners to strengthen support networks.
- ✓ Provides respite care and advocacy.
- ✓ Works with the community to further the interests of people with developmental disabilities.
- ✓ Helps with educational and research projects.

Community Living Hamilton - Programs

Charlton Family Support Program House

- An after school program with activities geared to teens with developmental disabilities. To be eligible, teens must be 14 to 21 years old and in high school.
- Open Tuesday to Thursday from 3:30 to 7:30 pm, from September to May.

Alternate Care Program

- Provides planned, overnight care for children with intellectual disabilities who are under 18 years of age.
- Care is provided in the homes of people chosen from the community. They are paid a daily rate to provide this service.

For more information about these programs and other supports go to: www.communitylivinghamilton.com

Hamilton and District Extend-A-Family

The 3 main goals of Hamilton and District Extend-A-Family are:

- To further the child's social development through new friendships and experiences while maintaining his/her sense of security.
- To provide loving care in a home and community environment for children with disabilities.
- To foster in the community, a greater awareness of the needs of people with disabilities and their right to share in the life of the community.

Extend-A-Family programs for families and volunteers

Buddy Program

- Provides a one-to-one match for a child or teen with a disability. Volunteers are chosen carefully. They are interviewed and must provide references and a current police check.
- Buddies plan activities each month, including activities at home, outings, and talking on the phone or by e-mail.
- A commitment of at least 8 hours a month is desired.

Autism Spectrum Disorders (ASD) Recreational Program

- Offers social and recreational group activities, several times a month for children and teens with an ASD diagnosis. All children with special needs who are able to take part and benefit from planned group activities can join the program.
 - Children join volunteers in fun activities in the community or within the facility, while parents receive hours of respite. Volunteers are supervised by a Recreation Coordinator.
 - The program promotes friendships as well as social and life skills through the child's interactions with peers.
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Extend-A-Family programs, continued

Host Family Program

- A friendship program for children with physical and/or intellectual disabilities.
- Volunteer families are carefully chosen to host a child for a few hours a month.

Summer Support Program

- Students studying in related fields provide one-on-one outings and group activities for children with special needs.
- The program runs for 10 weeks during the summer months. Parents or guardians receive about 4 hours a week of respite time.

Friendship Garden Program

- Families raising children with special needs socialize, learn and have fun as they plant and care for a communal garden.
- Everyone that takes part shares in the harvest.

For more information, call **905-383-2885** or go to:

www.extendafamilyhamilton.on.ca

Rygiel Supports for Community Living

- ✓ A non-profit organization that supports individuals in the community who have multiple disabilities, by providing residential and respite services.

For more information, call **905-525-4311** or go to: www.rygiel.ca

Special Services at Home Program

The Special Services at Home program:

- ✓ Helps families who are caring for a child with a developmental or physical disability.
- ✓ Is funded and managed by the Ministry of Community and Social Services.

The program helps families pay for special services in or outside the family home, as long as their child is not receiving support from a residential program.

For example, the family can hire someone to:

- Help their child learn new skills and abilities, such as improving communications skills and becoming more independent .
- Provide respite support to the family. Families can get money to pay for services that will give them a break (respite) from the day-to-day care of their child.

The amount of money a family receives depends on:

- The type and amount of service the child needs.
- What other help is available in the community.
- What kind of support the family is already receiving.

For more information

Call your local office of the Ministry of Community and Social Services:

Hamilton Niagara Region

119 King Street West, Hamilton, Ontario L8P 4Y7

Phone: 905-521-7280

TTY: 1-866-221-2229

TTY: 905- 546-8276

Fax: 905- 546-8277

Visit the Ministry's website at:

www.children.gov.on.ca/htdocs/English/topics/specialneeds/specialservices/index.aspx

Please note: There is currently a waiting list for funding.