

Respite

Home Away From Home



Arc of Westchester's Respite Services provides a wide variety of leisure and learning activities while family members who care for a person with disabilities at home can take a break.

Respite House conveniently located in Thornwood, NY, provides planned overnight visits for both children and adults at our redecorated home. Respite House operates seven days per week and currently has five beds available for planned respite (plus one for a crisis situation). The house is wheelchair-accessible, and there are two bedrooms and one fully accessible bathroom on the first floor to accommodate anyone who requires a wheelchair. The home is equipped with fire safety equipment and there is an administrator on call at all times. Staff are certified in medication administration, CPR, first aid and behavior intervention. Participants must be residents of Westchester or Putnam counties.



Leisure and Learning Arc School Vacations, are held during select weeks throughout the year, Monday through Friday from 9:00 a.m. to 3:00 p.m. The program provides day-long getaways for children and young adults of school age. Participants enjoy recreational activities, trips to community attractions, games, and arts and crafts. Overnight respite is also available during these weeks, and daytime hours are flexible to accommodate parents' work schedules.

Independent Living Skills encouraged at the Respite House help adults, 17 years of age and over, prepare for life away from their families. Attendees learn how to cook, clean, budget money and get along with roommates. These activities, combined with some recreation activities, provide a rewarding experience for the participant while also providing respite for the family.

These services are now being offered free of charge. See reverse side to learn more. For further information, call 914.495.4467 or 914.495.4521 or visit www.westchesterarc.org

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Arcwestchester



Arc of Westchester's Recreation Department is offering exciting programs that are funded by Medicaid and have NO FEE. Please see if you meet the eligibility requirements below:

To be eligible for our respite programs, participants must:

- **Ages 21 and under**
Be eligible for OMRDD services (Office of Mental Retardation Developmental Disabilities) and reside with family living in Westchester County.
- **For Adults over 21**
You will need to have Medicaid, or be in the process of applying for Medicaid and Home and Community Based Services. If respite is the only waiver service you receive, you may be eligible for an exception to this regulation.

Call the Recreation Department at 914.495.4517 to discuss eligibility and services, or email jcampbell@westchesterarc.org.