

FIVE FAST FACTS FOR FRIDAY

Respite Services



- Respite provides planned or emergency care for a person with an intellectual and developmental disabilities when an unpaid caregiver is unavailable.
- **Many counties in NJ offer respite services.** Contact your County Office of Aging & Disabled Services for more information.
- The Department of Children and Families (DCF) **NJ Children's System of Care provides respite services to eligible families with children under 21.** Parents of children who are eligible for services through PerformCare can apply for respite.
- **Respite is available through the Division of Developmental Disabilities (DDD) for caregivers of adults with I/DD 21+.** Contact your support coordinator or case manager to apply.
- Respite allows unpaid families and caregivers time to recharge their batteries and maintain their own health and well-being.