

The NFVS Difference

Meeting Everyone's Needs

The NVFS Therapeutic Respite Care program provides families who will care for special needs children. Knowing that all people involved in the respite care process are important, NVFS offers ongoing support to respite providers, with a program carefully designed to help everyone get the most out of their respite experience.

Respite Provider Support

- Intensive training, certification, and continuing education opportunities
- Careful child/parent matching
- Ongoing support and 24-hour help from professional social workers
- Modest financial stipend
- Help locating support services for children in Therapeutic Respite Care
- Support groups
- Family activities



Children in the NVFS Therapeutic Respite Care Programs range in age from birth to 17. The average age is eight.

NVFS History

Established in 1924, Northern Virginia Family Service is a private, non-profit community service resource dedicated to helping individuals and families find new paths to self-reliance and brighter futures.



Each year, NVFS helps more than 23,000 people find affordable housing, counseling and child care; access to low-cost medical and dental services; utilize foster and respite care; participate in job training; benefit from trauma recovery; and more.



NORTHERN VIRGINIA FAMILY SERVICE
10455 White Granite Drive, Suite 100
Oakton, VA 22124
703.385.3267
www.nvfs.org

Therapeutic Respite Care



NORTHERN VIRGINIA FAMILY SERVICE

10455 White Granite Drive, Suite 100
Oakton, VA 22124

703.385.3267
www.nvfs.org

RESPITE: [rés' • pit] (noun)

1. A family to whom parents can send their children for a brief period of time, where the children will be nurtured by trained caregivers.
2. A safe place for temporary/emergency childcare.
3. A much needed break.

Help • Hope • Here

Therapeutic Respite Care

Sometimes parents of special needs children simply need a break from caring for them 24/7. Other times they might have a commitment where it would be difficult to include the child, such as an evening out, a business trip, or a special vacation. At these times, parents often call on grandparents, aunts/uncles, or family friends to give them a hand in caring for their child.

But what if family is far away or parents are new to an area? The Therapeutic Respite Care program of NVFS can provide nurturing caregivers, trained with the necessary skills to care for a special needs child.

In addition to helping with a special commitment or sporadic breaks, Therapeutic Respite Care can also be used on a regular basis, such as one weekend a month with the same family. During these visits, the child has the opportunity to continue his/her therapeutic plan in a family setting.

In turn, the child's parents have the opportunity to recuperate from the physical and emotional demands that come from raising their child, while knowing their child is in a safe and nurturing environment.



Jenny and Harold use respite care to help balance their care for their autistic son with the needs of the family as a whole. Juggling two jobs and three children, one with special needs, can be challenging. However, they take comfort in the idea that they have a safe place for their youngest son to stay when everyone needs a break.

Adopted after spending several years in foster care, Jules has struggled to connect with those around her. She is bright, talented, and very creative. However, she tests the boundaries of her parents on a daily basis. By using respite care, they are able to have other adults reinforce the rules they hope will help her succeed as a adult.



Respite Providers



Aside from being specially trained, Respite Providers are:

- Culturally diverse
- Single/married
- Young/older
- All income levels
- Firm
- Nurturing
- Loving
- Able to set boundaries
- Aware of their own needs and feelings

Respite Children

All children have hopes and dreams, likes and dislikes. Some might need help in learning new coping strategies. But all children need love and support.



Children in respite care:

- May be developmentally delayed
- May have medical challenges
- May be autistic
- May have difficulty connecting with others
- May be recent additions to the family
- May have behavioral challenges

Northern Virginia Family Service offers Therapeutic Respite Care to biological, foster, and adoptive parents at a daily rate.

Whether you need someone to care for your child for just a day, over a weekend, or for an entire week, visit us on the web at www.NVFS.org or call us at 703.219.2126.

Help • Hope • Here