

## HOURLY EXTERNAL RESPITE

---

Northeast Parent & Child Society's Hourly Respite Services allow children to work on developing vital social life skills while on outings with trained and reliable providers. Services are offered in Albany, Saratoga, Rensselaer, Schenectady, Fulton, Montgomery, Hamilton, Schoharie, Warren, Washington, Columbia, and Greene Counties.

### AVAILABLE SERVICES

- Skill building: Skill builders work on developing activities to increase children's specific skills to be successful in the home and community. Highly trained staffers work together with the youth and families on such skills as daily living, social skills, self-advocacy, age appropriate developmental tasks, job coaching and identified treatment goals.
- Hourly respite: Hourly respite providers are specially trained employees that are experienced and certified to work with children in the home or community. Activities are chosen based on the child's treatment goals and individual interests.

### BENEFITS

- Respite and skill-building services providers are staff members or certified therapeutic foster families who are screened, certified, and supervised
- Providers located throughout large Northeast Parent & Child Society service area
- Possible transportation assistance to and from home, school, or extracurricular activities
- Support during extra-curricular activities: team sports, academic clubs, dance lessons, etc.
- Additional respite as approved by referring agency for school holidays and vacation

**Who can access services?** In order for a youth to receive respite services, the respite would be approved by one of our referring agencies including the Parsons Home and Community-Based Services Waiver and several local single point of access (SPOA) committees.

**How are services accessed?** For additional information, contact:

Tanya M. Starker, LCSW  
Director of Family Services  
518.346.1285, ext 7542  
fax (518) 372.3793  
Tanya.Starker@neparentchild.org.

Colleen McMahan, MA  
Hourly External Respite & B2H- HCI Program Coordinator  
518.346.1285, ext 2220  
fax, 518.372.6818  
Colleen.McMahan@neparentchild.org

**When are services available?** Respite services are available 7 days a week during the day and evening depending on the needs of the youth, as well as 24-hour on-call crisis support during respite.