

Family Tip Sheet:

Strategies to Locate Child /Respite Care Providers

Are you in need of someone trustworthy, experienced, and dependable to care for your child when you need a break? The people who know your child and family may be your best resource. Don't be afraid to ask—remember -- if you don't ask, they can't say "yes" or give you a referral. Here are some ideas of who to ask from other parents of children with special health needs.

- **Your child's current providers.** Teachers, aides, nurses, therapists, interns, childcare/after school providers, caseworkers and/or caregivers may have referrals or be willing to assist themselves.
- **Your support/play group parents and organizers.** Adults may be willing to provide/swap care, or they may refer their older children or childcare providers to you.
- **Your family and friends.** Parents, grandparents, aunts/uncles, nieces/nephews, cousins and trusted friends may be willing to assist or provide you referrals.
- **Your church family.** Make informal or formal requests (via minister/youth group leaders, bulletin or newsletter postings) to families and individuals, college students living at home, or high school seniors or recent graduates interested in earning extra income, gaining experience, and/or lending a helping hand.
- **Local colleges/universities.** Students in fields of medicine, nursing, child development, social work, psychology, education/special education, physical/occupational/speech therapy, or other areas may be viable resources for families. Students can earn money while gaining valuable, resume-enhancing, real-life experience.
- **Local schools.** Staff may be interested in summer or holiday break work or provide referrals. Older students may be interested in being a provider or have friends that would be interested.



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"I am so glad I asked a co-worker to help me pick up my child from school when I wasn't able to. She became a fan of my child and even gave her a job reference a few years later. This would not have happened if I didn't ask."

- Parent, Portland Oregon

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