

Handout 1—Finding respite services

Finding time for a few hours to yourself or an evening out can be difficult without dependable, quality care or support for your individual with an autism spectrum disorder (ASD). Over the years, you have accessed various services through local organizations, family, or friends to help provide yourself with some respite or additional care for your individual with ASD. Respite services can be challenging to find for adults with ASD. The resources below may provide more information and/or opportunities for respite.

Easter Seals (www.easterseals.com) offers services for individuals with ASD, including respite services for caregivers.

Autism Source (www.autismsource.org) is a service of the Autism Society of America. You can enter your city and state and select the specific type of service you are interested in (respite, services for adults with ASD) and find services in your area.

The Arc (www.thearc.org) is a national, nonprofit organization for people with developmental disabilities and their families. The Arc's Web site has a variety of information on various topics and local chapters exist throughout the country. Some chapters of the Arc employ advocates that can help families access respite services.

ARCH National Respite Network and Resource Center (www.respitelocator.org) helps caregivers find respite services in their area that meet their needs.

