



RESPIRE SERVICES

We believe providing occasional relief from caregiving is essential to support the well-being of both the individual and their caregiver in the family home.

Services may help you by:

- Providing an occasional or regularly scheduled break from caregiving
- Allowing caregivers time to do things away from the individual

Where to find more info:

- [Harbor Respite Care Policy](#)
- [Respite Assessment Guidelines](#)
- [Respite Assessment Tool](#)
- [Harbor Regional Center - Family Resource Center](#)
- [Respite Services: CA Department of Developmental Services](#)

If this service interests you, talk to your service coordinator about:

- Family needs
- Availability of natural supports such as family members and friends
- Other resources for relief, such as school services or In-Home Supportive Services

Important:

Services are determined through the Person-Centered Planning process.

