



FAMILY SUPPORT SERVICES

KEEPING FAMILIES HEALTHY AND INTACT

401 Grand Avenue, Suite 500 ♦ Oakland, CA 94610 ♦ Phone (510) 834 2443 ♦ www.fssba.org

RESPIRE PROGRAM

Alameda County Social Services Agency is working with Family Support Services to provide respite services for CARI Parents and Resource Parents/Caregivers. We are pleased to be able to offer these services to you.

What is Respite? Respite is a break (a **planned** break).

You can use respite to:

- ♦ Go out to dinner or a movie
- ♦ Spend time alone, with other members of your family, or with friends
- ♦ Sleep or rest
- ♦ Take a class
- ♦ Take care of personal needs (hair appointments, errands, etc....)
- ♦ Keep important medical or personal appointments

It is up to you to choose how to spend your respite time. The program is flexible in order to meet your needs, and families can receive in-home or out-of-home respite care.

Eligibility Requirements: Children who are dependents of Alameda County.

To Get Started: Talk to your Child Welfare Worker, have them fill out a referral form and send it to Sarah Wales or Kaitlin Bruner (both are with Alameda County Social Service Agency Children and Family Services). All referrals must be approved by the County and faxed/emailed to us before we can provide respite services.

Two types of respite are available:

1. **In-Home Respite** – A respite provider cares for your child(ren) in your own home while you rest or go out.
2. **Out-of-Home Respite** – You take your **eligible** child(ren) into the home of a certified out-of-home respite provider. These homes meet State licensing standards.

Providers:

Family Support Services' providers are people who have a genuine interest in working with children.

There are two types of agency respite providers:

1. Family Support Services recruits, screens, trains and pays a pool of providers from which you may choose. You may choose to use one or more of our prescreened providers.
2. You identify your own provider and have Family Support Services screen, train, and pay the provider you have selected.

[\(Please see the backside for Criteria for Becoming a Respite Provider.\)](#)

Family Support Services has a 24-Hour Emergency Phone System available to providers and families in case of emergency.

Family Support Services

CRITERIA FOR BECOMING A RESPITE PROVIDER

The application process takes approximately 3 - 6 weeks. This time period varies based on a variety of factors including: 1) responsiveness of the applicant's references; 2) background clearance; and 3) the applicant's follow through to complete Family Support Services' training and pre-employment requirements.

All applicants (must be 18 years of age or older) are interviewed and assessed via a personal interview with a Respite Program Supervisor. Applicants are screened for a variety of qualifications, including: maturity, judgment, compassion, experience with children, ability to work independently, knowledge of child development, and energy level.

Applicants are required to complete the following trainings:

- a. **Introductory Training** (4 hours per session) - facilitated by a Respite Program Supervisor. All prospective providers must complete this training on the '*Nuts and Bolts*' of Respite, which includes communication, behavior management, recreation, emergency procedures, roles, responsibilities, confidentiality, and Cal-OSHA Universal Precautions.
- b. **Foster/Kinship & Drug Exposed Training** (4 hours per session) – provided by a Respite Program Supervisor. Applicants who provide proof of completion of the **CARI** training will not need this training.
- c. **CPR and First Aid** (4 hours) – Prospective Respite Providers may attend classes provided by a certified trainer at our Oakland office or take the classes in their own community. They will be reimbursed up to \$35* per class.

All applicants are also required to meet the remaining pre-employment requirements:

- TB Clearance (waived with proof of test within 12 months) – we will reimburse up to \$25*
- Fingerprint and Child Abuse Clearance
(Please note that FSSBA does not request exemptions for past offenses).
- Proof of Employment Eligibility
- Pull Notice -DMV Clearance (10 year history)

Prospective Respite Providers must be in good health and if any medical conditions exist (i.e. back, neck or knee

injury, pregnancy, or other medical condition which might restrict the provider's ability to perform the duties of the job), the applicant must have clearance to work from his/her doctor. In addition, the position requires that people be scent-free (from smoke and perfume) during the respite.

If providers elect to work with children who are eligible to receive services through Regional Center of the East Bay, other trainings are required. Trainings will be reimbursed after submission of the first timesheet.

(*Applies to pre-employment costs as well.) Unless minimum wage is higher in the city where providing services, the salary range is \$13.00/hr for one child with a developmental disability enrolled in the Regional Center program and \$13.00-\$14.00/hr in our other programs, e.g. foster and kinship.

If you are interested in applying, call Raelene at (510) 834-2443 x 3032 or LaDonna at x 3027. Or visit our website at www.fssba.org

