

How to Access Respite from State Agencies

Respite services provide planned or emergency care for any person with an intellectual and developmental disabilities as a temporary relief for their unpaid caregiver.



Why is respite important?

Many families care for their loved one with intellectual and developmental disabilities at home. At times the physical and emotional demand can be overwhelming. Respite provides a much needed break for unpaid caregivers and allows them to recharge their batteries and maintain their own health and well-being.

How to Access Respite:

Under 21:

Respite services are part of Family Support Services provided by the Department of Children and Families (DCF) NJ Children's System of Care. PerformCare is the contracted provider for respite services. Parents of children who are eligible for services through PerformCare can apply for respite.

To learn more about Family Support Services call PerformCare at 1-877-652.7624 or visit bit.ly/performcarefamilysupport

Over 21:

Respite services are available through the Division of Developmental Disabilities (DDD) for families and caregivers of adults.

To learn more about [Family Support Services](http://bit.ly/dddfamilysupport) (bit.ly/dddfamilysupport), your eligibility and to discuss the availability of respite services, you should contact your Case Manager or Support Coordinator.



Other Resources:

- ⇒ **The Arc of New Jersey Family Institute Respite Services Go Bag— bit.ly/respitgobag**
- ⇒ **Statewide Respite Care Program — bit.ly/statewiderespitecareprogram**
- ⇒ **ARCH National Respite Program — bit.ly/newjerseyrespite**
- ⇒ **Providing Respite: Supporting People and Families Across the Lifespan — bit.ly/providingrespite**

