



## Our Mission:

To empower and serve people in need of specialized supports by providing innovative services that improve their ability to live fulfilling lives in the community.

### Main Office

500 Office Center Drive, Suite 100  
Fort Washington, PA 19034-3234  
215.540.2150 (phone)  
215.540.2165 (fax)

### Schuylkill/Carbon

340 South Liberty Street  
Orwigsburg, PA 17961-2127  
570.366.1154 (phone)  
800.200.7701 (toll-free)  
570.366.7711 (fax)  
570.366.5096 (Wellness Center)

### Lehigh Valley

1510 Valley Center Parkway, Suite 130  
Bethlehem, PA 18017-2267  
610.866.6667 (phone)  
610.866.2341 (fax)

[www.accessservices.org](http://www.accessservices.org)



**ACCESS  
SERVICES**

Creating better ways to serve  
people with special needs

# Respite Services

*Safe for them.  
Necessary for you.*



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## Caring for yourself.

In our experience we have found that it is important to strike a balance between personal time and time spent caring for others. For those caring for a loved one with special needs, Respite Services offers a safe and sensible way to take a break from the pressure and stress of your daily care routine.

## Caring for them.

Respite Services provides short-term care in a nurturing home environment for adults and children challenged by developmental disabilities, physical disabilities, mental health concerns, serious emotional problems, behavioral difficulties or those who may be dually diagnosed (MH/MR). Respite is often used to stabilize individuals in crisis, preventing hospitalization or institutional placement.

## Qualified host families.

With Respite Services you can rest easy, knowing that your loved one is under the care of a qualified, capable host family. Access Services host families are trained to meet a wide-range of support needs. All Respite Services host families are required to undergo an extensive application process, submit multiple references, pass a thorough home safety inspection and criminal, child abuse and police background screenings. There is also a home study process in which an Access Services employee interviews the host family in their environment.



## We will work with you to determine which Respite option best suits your needs:

- **Planned Respite** is planned two weeks in advance, giving care recipients an opportunity to meet with their host family before the program begins.
- **Emergency Respite** is generally used when care recipients or their loved ones are experiencing a crisis or emergency.
- **Transitional Respite** provides transitional living accommodations and support when a care recipient is experiencing a major life change.
- **Hourly Respite** will send a trained caregiver to the home of a developmentally disabled individual to provide short-term support at hourly intervals.
- **Support Partners** act as short-term mentors and companions for adults with mental health challenges. The support provided is usually activity-based.

For more information on Respite Services or other Access Services programs, visit [www.accessservices.org](http://www.accessservices.org)