



# ADULT SERVICE PROGRAM

## Respite & Recreation Services (Individualized Funding 1 to 1)

### Service Intro

Pivot Point provides **Respite & Recreation** workers for individuals and families who want a short term break. This service does not involve any programming or therapy. Instead it provides a safe and exciting alternative to family care-taking. We provide flexibility in scheduling sessions and can deliver support in the community or in the individual's home.

Respite workers assist families and individuals in managing their many diverse needs, often enabling individuals and/or families choose to have a respite session just before or after a therapeutic session, using the same staff.

\*Please note that we do not provide overnight respite.

Although our Respite & Recreation service is not therapeutic in nature, we continue to hold high standards for our staff around the support they provide. We use our Family's First assessment to identify the strengths and needs of the individual, and we are eager to collaborate with the individual and their care team around scheduling, as well as regarding their interests and needs. Our strong and consistent Respite team hold a high degree of accountability for the support provided.

Individuals can bring their CLBC funding or their own private funds to Pivot Point for Respite & Recreation. Some people use their own funds, extended health care, trust funds, Ministry of Education funding, grants, etc. Respite & Recreation services often compliment other services that are being provided to the individual and team.

Respite & Recreation sessions are meant to be fun, relaxing and enjoyable for everyone!

### Pivot Point's approach

- we believe in person centered practice for the individuals and families we serve
- have over 11 years of experience providing services using an individualized model
- do not have a waitlist
- provide enthusiastic staff members eager to make each session fun
- have a flexible service delivery system
- believe in a wrap around approach for individuals within their communities
- embrace a community development model where the individual is cared for in the context of their home and community.



## The individuals we serve...

Individuals served are always at the center of our care plans. We take our direction primarily from them and the people in their support circles. We seek permission to consult with others in their lives.

Pivot Point staff have training and knowledge about a variety of different diverse abilities. We are happy to provide support to individuals regardless of their diagnosis or challenges.

## A typical session

Upon arrival the Respite & Recreation worker reviews the plans with the individual and family (if appropriate). Sessions are anywhere from 2 - 6 hours in length (or more). The length of the session is based on the needs and interests of the individual served, the activities scheduled.

Common activities include...

- Planning and making meals together
- Going to parks, pools, and fitness centres
- Watching movies at home or community
- Going on the bus to explore other communities
- Meeting with friends, or playing games
- Going bowling, or for coffee
- Going to other tourist attractions

## How to get started

1) If you are already a client, contact your Program Assistant to ask about adding Respite & Recreation services to your current plan of care.

- Typically, this will also require you to contact your CLBC Facilitator to enquire about direct funded Respite.
- Alternatively, if you are paying privately for Respite & Recreation (or being reimbursed via extended Health Benefits), your Program Assistant will discuss how to add this financial contribution to your existing budget so that everything runs smoothly.

2) If you are not yet a client, the best way to sign up for Respite & Recreation is to contact us online at [www.pivotpoint.ca/request-a-meeting](http://www.pivotpoint.ca/request-a-meeting). This is a confidential way to share your contact information, so that we can contact to you. Our Manager in your area, will call to set up a time to discuss service options with you.



## Contact Us Today

**Toll Free:** 1.866.531.4544

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