HOW CAN I USE MY SSAH FUNDING?

Special Services At Home (SSAH) Fact Sheet Updated April 2015

What is RESPITE?

According to the Special Services at Home guidelines, RESPITE assists with the activities of daily living and helps improve the quality of life for the family while enabling the child with special needs to continue to live at home. It enhances the primary caregiver's capacity to provide care for the special needs family member living at home, through the provision of temporary relief supports.

You can use your SSAH funding to purchase respite services:

- to pay for in-home or out-of–home respite - to pay for the services of a **support worker** to provide Respite and/or Personal Development & Growth
- to pay for nursing respite, if the need is indicated by a professional assessment
- to provide supervision to other family members so you have more time for your family member with special needs; or to enable you to take some time away from caregiving
- to pay registration fees and for **additional supervision** to attend **camps** and/or **recreational programs. (Siblings may also attend day or residential camps)**
- to pay for **additional supervision** to enable a child with special needs to attend **recreational programs** and other activities
- to pay the **extraordinary costs of childcare**. The family must cover the normal costs of childcare and may bill the extraordinary costs arising from the disability, against the SSAH funding. Childcare costs for disabled individuals over the age of 12 are always considered extraordinary and may be billed in full against the SSAH funding approval
- to reimburse the SSAH worker for **transportation expenses** to transport the person with special needs in the local community to fulfil developmental or respite goals.
- to help with routine homemaking tasks such as light housecleaning, meal preparation, laundry, grass cuts, and snow shovelling so that you have more time for your child with special needs or for other family activities.
- Funding can be **combined** with another person or family's SSAH funding.

Funding cannot be used for: tutoring/academics, professional services such as Occupational Therapy, Physiotherapy, Speech Therapy, or Behavioural Therapy.

WHO CAN I HIRE?

- a respite worker that you hire on your own
- a worker employed through an agency
- a family member who is over the age 18 and NOT the primary caregiver, parent step parent or spouse.

For help finding a worker and for more information on services in your community please go to www.respiteservices.com