



Family Support Options

Working in partnership with families



Canadian Mental
Health Association
Waterloo Wellington

Association Canadienne
pour la sante-mentale
Waterloo Wellington

SPECIAL SERVICES AT HOME (SSAH) FACT SHEET

The Special Services at Home (SSAH) program helps families who are caring for a child with a developmental and/or physical disability. It is funded by the Ministry of Community and Social Services and managed in Guelph and Wellington County by the Canadian Mental Health Association Waterloo Wellington (CMHA WW).

Funding provided through SSAH helps families pay for special services in or outside the family home to:

- **Help their child learn new skills and abilities, such as improving their communication skills and becoming more independent: and/or**
- **Provide respite support to the family – families can receive funding to pay for services that will give them a break, or respite, from the day-to-day care of their child.**

WHAT IS RESPITE?

Families may have additional responsibilities in caring for a child with a disability. SSAH provides funding for respite or PRIMARY CAREGIVER relief and related supports. While the child with a disability will likely benefit from such support, the primary goal is to help the family to meet their identified needs.

Respite enhances the PRIMARY CAREGIVER'S capacity to provide care for the family member with a disability living at home through the provision of INDIRECT ASSISTANCE. Indirect assistance can help provide relief to the primary caregiver so that they can take some time away from caregiving, or from one or more of their other responsibilities.

WHO CAN I HIRE?

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

For help finding a worker and for more information on services in Guelph and Wellington County, please go to;

<https://www.respiteservices.com/Wellington/respiteservices>



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HOW CAN I USE MY SSAH FUNDING?

You can use your SSAH funding for the following items/services:

- Mainstreamed & specialized camp/recreation programs (including camp in the summer months, Christmas and March break)
- Advertising for recruitment of a worker
- Worker to provide respite and/or personal development.
- Supplies to implement a program for the child with special needs (e.g. flash cards, art supplies, learning materials, games, books, etc.)
- Membership fees for special needs associations (Special Olympics, Down Syndrome Association, etc.)
- 1 to 1 support worker at camp or recreation program
- Training for a family member or worker that enhances the understanding of the child with disability's needs (get approval BEFOREHAND from your FSO Coordinator at CMHA WW).
- Cost of before and after school care (also includes care on PA/PA days)
- Nursing for medically fragile children.
- Routine homemaking tasks – light housecleaning, meal preparation, laundry, grass cutting and snow removal.
- Gym membership fees for the child with special needs.
- Tutoring and academic program fees.
- One-time admission cost (i.e. movies, amusement parks, museums)
- Sports equipment
- Electronics (i.e. computers, tablets)

You cannot use your SSAH funding for the following items/services:

- Camp fees for siblings
- Basic care (i.e. clothing, food, diapers, routine medical costs)
- Household furniture
- Assistive devices, specialized equipment, home modifications
- Dental Services
- 1 to 1 support in a school setting
- Professional services including speech therapy, junior and senior therapists (e.g. IBI, ABA), occupational therapy, physiotherapy

Please contact your Family Support Options Coordinator at CMHA WW if you are unsure if an expense is eligible for reimbursement. 1-844-264-2993

For more information, please go to our website at;

<https://cmhaww.ca/services/children-youth-families/family-support-options/>

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