

Once you have started a **RESPITE** program in your area, your work has really just begun. The key to the success of **NCCW'S RESPITE** program is keeping the service going once it has been started. This program requires energy, enthusiasm, commitment, flexibility and a willingness to make some changes in the basic structure of the program if it becomes necessary.

Volunteers must come to feel strongly about the worth of what they do and that they feel a growing commitment to donate their time. When **RESPITE** provides the very best person-to-person match possible, volunteers do keep coming back and they invariably say they receive far more from what they do than they give.

Appreciate Your Volunteers

It is also encouraged to have some type of **"Appreciation Event"** for the **RESPITE** Volunteers to show thanks for their service.

PLACE
STAMP
HERE



RESPITE 2016

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The RESPITE Program

was designed to spiritually and temporally renew the family caregiver. When the NCCW began its **RESPITE** program in 1982, it was “ahead of the curve”, addressing a need that has become widespread.

According to the U.S. Bureau of the Census, only five percent of those over 65 are cared for in nursing homes. The overwhelming majority of the frail elderly are cared for by their adult children who occasionally receive help from generous friends and neighbors.

From state to state, shore to shore, thousands of women are engaged, and the task falls primarily to women caring for an aged parent, often while juggling a job, housework and the care of children and a husband.

It was this concern that led to the idea of the **NCCW RESPITE Care Program**. Respite means temporary intermission of labor, an interval of rest. The National Council of Aging has taken this broad concept and broken it down into definitions of the types of paid and voluntary respite care that is available today.

NCCW chose the acronym **RESPITE** to designate “renewal: **spiritual/temporal**” which the program provides to families who receive the services of a **RESPITE** volunteer. This acronym is important because it stresses the spiritual foundation of the program—a foundation which differentiates it from secular respite care programs. The concept of “*refreshment of the spirit*”, repeatedly mentioned throughout the New Testament, is exactly what **RESPITE** focuses on.



RESPITE Volunteers

- Serve as companions to the elderly
- Come to the home on a regular basis
- Are sympathetic listeners who understand the aging process
- Never administer medication
- Should not be asked to cook a meal, although they can help feed the person with permission of the client’s family
- Ordinarily do not do household tasks

Getting RESPITE off the Ground

- **Identify** the need in your area
- **Read** through the **RESPITE Manual** from **NCCW**
- **Leadership is Key**—select a **RESPITE Project Coordinator**
- **Recruit** Volunteers
- All Volunteers must go through their Arch/Diocesan required clearance and background checks and go through a **RESPITE** training
- Yearly, **Liability/Volunteer Insurance** is paid to NCCW for Volunteers to be protected through an insurance policy for as low as \$3 per person.

A graphic with a dark blue background. On the left, there are several white silhouettes of people standing in a line. To the right of the silhouettes, the words "Training Programs" are written in a white, sans-serif font.

Training Programs

The most important information is training your volunteers. The **RESPITE Manual** lists many situations the volunteers may encounter while helping. Good hygiene for both the volunteer and the patient are key. Make sure all volunteers get a thorough training and are a good mix with the person they will be helping.