

SISTERS OF ST JOSEPH FAMILY RESPITE CARE PROJECT

VISION/FOCUS:

To provide a place for families to have time away from their everyday stresses.

GOALS:

- That parent(s)/caregivers in the family may have time apart because of stress.
- To provide activities for children where necessary.
- To provide opportunities for relaxation/entertainment for the adults.
- To provide a volunteer group who will support the project in practical ways.

GUIDELINES:

- A. Families may be referred to the House committee by the Sisters and other selected people – health, community and social workers. The House Committee will use the following criteria:
The house is for families who have not been able to take time out because of their situation, work commitments, financial stress, inability to organise, tiredness, etc.
- B. The cost of the holiday will not be an issue. The Sisters wish to share their hospitality at no cost to the families. All meals will be provided and prepared by the Sisters.
- C. Because of our resources this is not for persons who:
 - Have psychiatric or physical problems
 - Are deeply depressed
 - Are in need of professional help
 - Require a refuge from a violent partner
 - Are looking for long-term accommodation
- D. Children will be supervised according to their ages after discussion/negotiation with the parents:
 - Activities will be planned for each day of the stay
 - Possibilities and suggestions will be available and will be discussed with parents beforehand
 - Families will be encouraged to spend one evening together sharing enjoyable activities
 - Parents will be responsible for the children during the night.

Amended 22/10/2003