

Resources for Connecting Families to Respite Services

The Health and Human Services Early Childhood Intervention (ECI) program understands that caring for a child with a disability or developmental delay is challenging work. Parents and other caregivers may need a break to take care of themselves so that they can be the best caregiver for their loved one. When it comes to respite services, there are many options, including in-home and out-of-home models. The cost and availability of these services vary by geographic area, and many options can be accessed at little or no cost.

Once a family has identified the need for respite services, ECI service coordinators can help the family find resources in the local area.

The [Take Time Texas website](#) provides many tools, including a searchable provider database to access help and support for those families needing respite services. Below are a few of the resources found in the Take Time Texas site for respite services across our state.

- The [Coalition of Health Services, Inc.](#) in Amarillo provides family respite services as well as other programs. Activity scholarships are also available for the inclusion of children with disabilities in the community. For additional information, call 806-785-5818.
- [Irving Bible Church](#) provides a respite night for families of children with disabilities in the Dallas/Fort Worth area. This opportunity is free of charge and all ages are welcome. To register or for more details, call 972-560-4613 or use the "contact us" link on their website.
- The [CHRISTUS Respite Care program](#) provides center-based respite services in Longview and Athens once a month. Services are offered to families of children with disabilities ages 3 months to 21 years. In-home respite services may also be available. For more information, call 903-606-6255.
- The [Arc of Smith County](#) provides respite services to families with children with special needs ages 3 months to 18 years. Center-based services are offered once a month in Tyler and Mineola. In-home respite services may also be available. For more information, or to apply for in-home respite, call 903-595-3942, extension 255.
- The [JOY Ministry](#) provides a respite night for families of children with disabilities on the fourth Friday of each month in Tomball. This free community event also allows for siblings. For more information, call 281-351-4979.

- [Sammy's House](#) offers extended care on select evenings and weekends for children birth to 18 with special needs and their siblings in the Austin area. Scholarships and financial assistance may be available. For more information, call (512) 453-5258.
- [Respite Care of San Antonio](#) provides a variety of services to enhance the stability and the nurturing opportunities of families caring for a loved one with developmental disabilities and/or complex medical diagnoses. For more information, call 210-737-1212.
- [Sharing Hands](#) provides one respite night each month at the First Christian Church in Midland or the Crosswords Church in Odessa for children with special needs birth to 18 years. In-home respite services may also be available through partnering nursing agencies. For more information, call 432-818-1253
- [Angels of Care Pediatric Home Health](#) provides respite care and adjunct services to children and young adults with special needs across the state of Texas through the MDCP and Star+Plus programs. For more details, call 855-205-2281.

Additional resources for families seeking respite services include:

- [Get Creative with Respite](#), a booklet published by the Connecticut Department of Public Health with ideas to help families searching for affordable respite services.
- [Respite for Children with Disabilities and Chronic or Terminal Illnesses](#), a fact sheet published by the ARCH National Respite Network and Resource Center that details the various respite models and other facts.