



## Bay Respite Care

# Caregiver's Quarterly

### Important Reminders:

- Arrange for any extra holiday bookings in advance as your RCP's schedule may fill up!
- If you cancel a booking at the door or No Show to a booking, you will be charged for 3 hours of services.
- If your RCP is leaving town for the holidays and you need another RCP, please call the Program Coordination department ASAP so we can set you up with someone else.
- **Have a very merry holiday season!!**

## Changes to our Sibling Policy...

If you have non-disabled children, your BRC Respite Care Provider may opt to watch them during respite. Our current "sibling policy" states that care to siblings 12 years of age or younger is an option—RCP's are not required to watch siblings.

If care is needed, you and the RCP must reach a private pay agreement *prior* to the booking. This arrangement is best made during the initial interview. If the RCP states that they do not want to

provide sibling care, you will need to find alternate care for them. If s/he agrees to watch them, you need to tell the RCP how often they will watch your other children during respite (at every booking, occasional bookings, etc.).

You and the RCP will need to decide how much YOU will pay the RCP for watching your non-disabled children. It has been BRC's recommendation that you pay \$1.50/hr per child.

**We are changing this recommendation, effective immediately, to \$2.00/hr per child.**

If you do not have an agreement with your RCP in place and you inform your RCP at the beginning of a booking that other children are to be cared for, your RCP may choose to cancel the booking.

If you have any questions regarding this policy, please contact a Program Coordinator.

### Calendar

Thanksgiving Holiday office closed		Nov 26-27
BRC Holiday Bake Sale 9:30a-1p		Dec 9
Chanukah Begins		Dec 11
Winter Solstice		Dec 21
Christmas Holiday office closed		Dec 24-25
New Year's Eve		Dec 31
New Year's Day office closed		Jan 1

## Quality Respite Fund

The Quality Respite Fund (QRF) enables Bay Respite Care to help both our families and our Respite Care Providers.

Every year, we hold our annual awards' ceremony, in which we thank our most special Respite Care Providers with monetary awards and gifts.

In addition, some of our respite families are facing financial difficulties. We use the QRF to

help them when they cannot afford additional hours beyond what the Regional Center provides.

Every year, BRC chooses a Christmas Family. It is one of our respite families that are facing extreme hardship and cannot afford to celebrate the Season. With the help of the QRF and our annual BRC Bake Sale, we try to give the family

gifts and money for a Christmas dinner.

If you are interested in making a tax deductible donation to the Quality Respite Fund, please contact our Director, Mike Huckins. The office staff, our RCPs, and our families thank you!





## Call for Recipes!!

Many of our clients have special dietary needs, ranging from gluten/casin free diets to diabetes to just plain old picky eaters.

If you have any recipes or tips you'd like to share with us, please mail, fax (707-644-1318), or email Stacey Martinez at "Stacey@BayRespiteCare.org".

We will also feature an occasional recipe or tip in future editions of the Caregiver's Quarterly. We look forward to hearing your ideas!



### Bay Respite Care

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www.BayRespiteCare.org

We're open M-F, 8:30a-5p

We know that some of our families have adapted/formulated various recipes that their children like to eat. We'd like to start a collection of "Special Recipes" that can be a source for other client families.

## How Respite Has Been Affected So Far...

Due to California's financial crisis, respite services have been affected two ways.

There is now in place a 90 hrs per quarter respite cap. This means that families cannot be authorized for more than 90 hrs/qtr unless they have a special dispensation. This has

reduced a number of our families' hours.

Also, most Early Start clients have lost all their respite services. If the child is "At Risk" (meaning there is no firmly diagnosed disability) or if the respite is not related to the child's developmental

disability, they are not currently eligible for respite services.

These two measures have negatively affected many client families. Please contact your local legislatures to keep further cuts from respite happening.

## Six Steps to Help Prevent the Flu...

1. Frequent Hand Washing!  
Each time you wash your hands, use soap and warm water. Wash for at least 20 seconds before rinsing.
2. "Hands-off-the-face" approach. Resist all temptations to touch any part of your face.
3. Gargle twice a day with warm salt water (or Listerine). Simple gargling can prevent virus proliferation.
4. Clean your nostril at least once a day with warm salt water. Blow your nose hard and swab both nostrils with Q-Tips dipped in warm salt water.
5. Boost your natural immunity with foods rich in Vitamin C.
6. Drink as many warm liquids (tea, coffee, etc.) as you can. They wash viruses from the throat to the stomach where they cannot survive or do any harm.

