

**For more information, please visit [HeritageChristianServices.org](http://HeritageChristianServices.org) or complete this form. Then mail to:**

**Heritage Christian Services**

Attn: Respite Program  
275 Kenneth Drive  
Suite 100  
Rochester, NY 14623-4277

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

E-mail \_\_\_\_\_

**Please contact me for further discussion on the following:**

- Overnight respite
- Hourly respite
- I would like information on other programs offered by Heritage Christian Services
- How to make a financial contribution
- Volunteer opportunities
- Please add me to your mail list

Looking for family caregiving support or services for your loved one? Ask to speak with our resource advisor by emailing [info@heritagechristianservices.org](mailto:info@heritagechristianservices.org) or call the office.

**At Heritage Christian Services, people come first.**

HCS partners with thousands of people throughout Rochester and Buffalo to ensure everyone – including children and people with developmental disabilities – feels valued and respected. Most of the agency’s 2,500 employees work to support people who have disabilities so they can find the best place to live and work and build strong community connections.

The agency offers residential support, respite, community habilitation and employment supports. It has received a Compass designation by the Office for People With Developmental Disabilities for being one of New York state’s top service providers and earned national accreditation from the Council on Quality and Leadership.

Heritage Christian Services is known for innovative community impact programs including the Pieters Family Life Center, Expressive Beginnings Child Care, The Center for Human Services Education, A Second Thought Resale Shop, Springdale Farm and Heritage Christian Stables.

Visit [HeritageChristianServices.org](http://HeritageChristianServices.org).



**HERITAGE**  
CHRISTIAN SERVICES



**HERITAGE**  
CHRISTIAN SERVICES

*Empowering people. Enriching lives.*

**Corporate Office:**

275 Kenneth Drive  
Suite 100  
Rochester, NY 14623-4277  
Tel. (585) 340-2000  
Fax (585) 340-2006

**Regional Office:**

3790 Commerce Court  
Suite 800  
North Tonawanda, NY 14120-2094  
Tel./Fax. (716) 743-2020

**TDD (800) 662-1220**

[HeritageChristianServices.org](http://HeritageChristianServices.org)  
[info@heritagechristianservices.org](mailto:info@heritagechristianservices.org)



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# Respite

Providing short-term care for your loved one and the gift of time for you.

## ABOUT RESPITE

Enhancing quality of life is a priority at Heritage Christian Services – not only for those we serve with developmental disabilities, but also for their caregivers and families. The respite programs at Heritage Christian Services offer short-term care for children and adults with special needs, providing their caregivers the gift of time to devote to other areas of their lives.

Families can rest assured, knowing their loved one is being cared for by a professional staff member who is certified in CPR, first-aid and specialized care techniques to support a wide variety of physical, emotional and behavioral needs.

There are no out-of-pocket costs for Heritage Christian respite services as long as applicants: have a developmental disability, live at home with a parent or guardian and are enrolled in Home and Community-Based Services Waiver.

## OVERNIGHT RESPITE HOMES

**Respitewood** and **Respitelodge** offer short-term support to children and adults in a home setting. Stays can range from one night to several weeks, depending on availability of dates. Each person is allowed a maximum of 42 overnights every six months. Reservations must be made in advance and dates are oftentimes scheduled three months in advance.

As a guest in one of our homes, your loved one can take part in a wide variety of activities such as playing baseball, enjoying picnics in the park, shopping, watching movies and more.

**Respitelodge** is located on Chestnut Ridge Road in Chili and can serve six guests per night.

**Respitewood** is located on Schlegel Road in Webster and can serve five guests per night.

## HOW DO I LEARN MORE?

Visit our website: [HeritageChristianServices.org](http://HeritageChristianServices.org)

In the Rochester area, call (585) 340-2000

In the Buffalo area, call (716) 743-2020

## AFTER-SCHOOL RESPITE

### Respitecreek

**2:30 – 6 p.m., Monday through Friday, while BOCES is in session. (Participants do not need to be involved in BOCES.)**

**Respitecreek** is a recreational after-school program, located in the Creekside School, which is part of the BOCES Forman Center in Fairport. Respitecreek offers an opportunity for students, ages 5 to 21, to spend their after-school hours in a safe, supportive environment and take part in a wide variety of activities including creative projects; exercise including walking and basketball; outdoor fun on the playground; and learning opportunities on the computers and iPads. The program also allows a daily period of respite for the student's family caregivers. In many cases, it also allows parents a much-needed opportunity to complete their work day.

### Respite Friends

**2:30 – 6 p.m., Monday through Friday, while BOCES is in session.**

The Pieters Family Life Center, at 1025 Commons Way in Henrietta, hosts **Respite Friends**, a program with activities geared toward children and young adults ages 5 to 21. The Pieters Family Life Center is a 21,000-square-foot, state-of-the-art health and wellness facility equipped with a gymnasium, work-out room, kitchen, café and studios for dance, music and art. Participants enjoy activities like exercising, working on a computer, reading, baking and playing games and sports, including basketball, floor hockey and kickball.

### Respite Teens

**6 – 9 p.m., one Friday each month**



**Respite Teens** is held at the Pieters Family Life Center in Henrietta for young people ages 13 to 21 and accommodates up to 12 people per session. Participants choose from a wide variety of on-site activities including cooking, watching movies, playing games and much more.

## SATURDAY RECREATIONAL RESPITE

### Western New York Club Adventure

**10 a.m. – 3 p.m., two Saturdays a month**

This program is a two-Saturday-a-month respite opportunity that offers social and recreational activities for people ages 3 to 21. It operates from Ellicott Creek Road in Tonawanda. This program also includes a high staff-to-participant ratio, plus medically trained and certified staff who can dispense medications. Participants must live within Erie, Genesee or Niagara counties.

## SUMMER RESPITE

### Camp Heritage

**8:30 a.m. – 4 p.m., Monday through Friday**



During school break, Heritage Christian Services offers two summer respite camps for children and adults ages 5 to 21: one at Springdale Farm in Ogden and the other at Rotary Sunshine Camp in Rush. Activities include swimming, fishing, nature walks, building camp fires and arts and crafts. Heritage Christian Services has a nurse on duty at all times.

Participants must live in one of the following counties: Chemung, Livingston, Monroe, Ontario, Schuyler, Seneca, Steuben, Wayne, Wyoming or Yates, and may attend only one of the two camps each year. Due to high demand for this daytime summer opportunity, acceptance of individual applications cannot be guaranteed each year.

**Note:** There is a high demand for respite services, especially after-school and summer programs. Some of these services may have waiting lists.