



RESPITE CARE resource manual

offered by the Human Development Institute at the University of Kentucky



Respite care is short term, temporary care given to family members who look after individuals with disabilities or an individual with a chronic illness. Respite care is designed to help the family member/caregiver take a break from their daily routine, thus alleviating the stress and lessening burnout on behalf of the caregiver and family members. Furthermore, respite care also provides a change of daily schedule for the person who is cared for, which can help strengthen both their independence and relationships with others.

On the following pages, we have compiled a list of respite care resources. As these resources evolve and grow over time, we will routinely update and modify any changes necessary.

If you have any questions or suggestions about this information, please call HDI at (859) 257-2569 or (859) 257-1714.

Alternate formats of this document are available upon request.

LifeSkills, Inc offers respite care relief for individuals and families affected by mental illness, developmental disabilities and substance abuse. For more information, please call (270) 901-6499, visit www.lifeskills.com, or write to: Corporate Office, 992 State St., PO Box 6499, Bowling Green, Ky, 42102-6499.

The Bluegrass Regional Mental Health and Retardation Board can arrange respite care services for individuals with developmental disabilities. For more information, please call (859) 233-1483, write to: 898 Georgetown Street, Lexington, KY 40511 or email at arcblue@mis.net.

Wells Health Systems Inc provides short stay respite care services for individuals with special needs. For more information, please call (270) 926-9355, visit www.wellshealthsystems.com or write to:
725 Harvard Drive
Owensboro, Kentucky 42301

Christian Appalachian Project Rainbow Respite Center's CAP Disabilities Service in Lancaster provides respite care either in their residential setting or within the family's home or community. For more information, please call (859) 792-3051 or 1-866-270-4CAP, write to: The Christian Appalachian Project, P.O. Box 511. / Lancaster, KY 40444-0511, or email capinfo@chrisapp.org.

Audubon Area Community Services, Inc offers respite care services for families receiving benefits from KTAP.

Seven Counties Services Inc in Louisville provides respite care services for children with developmental disabilities. For more information, please call (502) 459-5292; 1-800-459-5292, or write to 3717 Taylorsville Rd., Louisville, Ky. 40220

Independence Place accepts information and makes referrals for families seeking respite care services. For more information, please call (859) 266-2807 or email independenceplace@qx.net.

BEST CIL Inc offers personal care attendants for individuals 18 years or older who have lost the use of 2 or more limbs. For more information or to get on the waiting list, please call (270) 796- 5992 or email bestcil@bestcil.org or visit www.bestcil.org.

Cumberland River Comprehensive Care Center in Corbin, Ky offers respite care for individuals supported by Cumberland River Care Center. Emergency respite care request is accepted and handled on a case by case basis. For more information, please call Kim Wake or Chad Jackson at (606) 528-7010 or visit <http://www.cumberlandriver.com/crccc.html>.

First Steps: Kentucky's Early Intervention System in Lexington offers respite care for children with developmental disabilities (aged 0-3 years). Also offers emergency respite care services. For more information or to learn how to join, please call 1-800-454-2764 or (859) 271-9448.

Helping Hands Community Living in Lexington provides Residential, CLS, Adult Day Training, and Community Habilitation services to adults in Fayette, Madison, Clark, Bourbon, Scott, Jessamine, and Franklin counties. For more information, please call June Lee at (859) 264-0067.