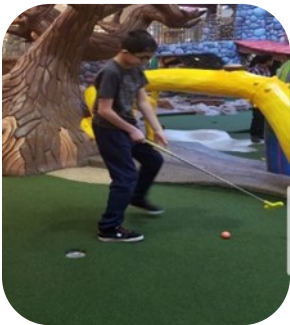


## How Do I Access Respite?

Families who may benefit from this program may refer themselves or be referred by community members and organizations (doctors, nurses, social workers, prevention and health promotion workers, occupational therapists, etc.). The program coordinator can be contacted using the information listed on the back.



If you would like to become a member, volunteer or find out more about our organization;

## Contact Us

Suite 116, 5102 50th Avenue  
Yellowknife, NT  
X1A 3S8

Toll Free: 1 (800) 491-8885

Phone: (867) 873-8230

Fax: (867) 873-4124

Email: [info@nwt dc.net](mailto:info@nwt dc.net)

Website: [www.nwt dc.net](http://www.nwt dc.net)

Our Hours of Operation:  
Monday - Friday 8:30am - 3:30pm  
Closed from 12:00 - 12:30 for lunch



**NWT  
Disabilities  
Council**

## Respite for Local Communities



## What is Respite?

Funded by the GNWT Department of Health and Social Services, the Respite Program for Local Communities provides social respite service to families outside of Yellowknife who have children with special needs.

The program hires and trains local community members as Respite Workers to provide planned in-home or in-community relief for primary care-givers, families, and the children and youth with disabilities that they care for.

The goal of a respite service is to provide safe, individualized, and flexible respite support to families and primary caregivers. It offers young people with disabilities more opportunities for inclusion in their community while respecting cultural values.

## Where is Respite Available?

Currently the program is active in all communities **except** for Yellowknife,



## Who is Eligible?

In order to receive Respite Service support, the care recipient must:

- Be living in the same home with their family or legal guardian.
- Have a disability that requires on-going support that is associated with a permanent injury or condition. This may include physical, mental, cognitive, or sensory impairments that present challenges for the activities of daily living but don't require specialized medical respite support of a health care professional.

## Who Will Provide Respite?

Community based Respite Workers are recruited and trained by the NWT Disabilities Council. The Respite Worker is then matched to a family and can begin offering respite support both in the client's home and community.

All Respite Workers must complete 6 training modules, and are required to have the following:

- Satisfactory Criminal Record Check
- Current First Aid/CPR Certification
- \$1,000,000.00 liability insurance if using their own vehicle as transportation

