

**THE WEBSITE**  
**www.respiteservices.com**



This website is funded through the Ontario Ministry of Finance, and the Ministry of Children, Community and Social Services.

The site provides information on the respite programs offered by developmental service agencies in the Region of Waterloo. Families can view respite options.

For more information  
please contact:

Respite Coordinator  
Sunbeam Developmental  
Resource Centre

**519-741-1121**

**INQUIRES**

Please direct inquiries, referrals, and requests for services to:



**205 - 1120 Victoria St. N.**  
**Kitchener, Ontario N2B 3T2**

**Phone: 519-741-1121**  
**Fax: 519-743-4730**

Or email us at:  
[sdrc@sunbeamcommunity.ca](mailto:sdrc@sunbeamcommunity.ca)

Website: [www.sdrc.ca](http://www.sdrc.ca)

Satellite Offices	
<b>Elmira:</b>	118 Barnswallow Dr. Elmira, ON N3B 2Y9
<b>Kingsway:</b>	2749 Kingsway Dr. Kitchener, ON N2C 1A7
<b>Cambridge:</b>	757 King St. E. Cambridge, ON N3H 3N8

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## Children's Respite Services in Waterloo Region

### WHAT IS RESPITE?

Respite is a SHORT BREAK.  
Short breaks create opportunities  
for all family members to live  
actively  
and participate in  
community activities.



## **RESPITE SERVICES IN WATERLOO REGION**

Respite is a heavily requested service in developmental services; therefore, waitlists exist for several respite services. Each agency has defined ages for respite services. Please refer to the description of the agencies for specifics.

For children and youth under the age of 18, all respite referrals are made through Sunbeam Developmental Resource Centre (SDRC).

Referrals for youth and adults 18 years of age and older must have eligibility determined by Developmental Services Ontario (DSO). You can contact DSO at 519-894-1153. Once eligibility is determined referrals can be made for adult respite services.

Children and youth under 18 years of age accessing respite or waiting for respite are not moved to adult services automatically. The process above must be followed.

## **AGENCIES PROVIDING RESPITE FOR CHILDREN IN WATERLOO REGION**

### **Extend-A-Family**

Respite is obtained by matching individuals with host families in the community.

### **Sunbeam's Kids Hub**

Children and youth who are medically fragile/technologically dependent can access respite up to the age of 18 years in this respite home located in Cambridge.

### **Parents for Community Living**

Respite is offered for children and youth 5 years to 18 years, overnight on weekends, Friday to Sunday at a children's group home located in Waterloo.

### **KW Habilitation**

Weekend Parent Relief is located in Waterloo and is day respite for children and youth ages 5 years to 18 years.



### **Sunbeam Community & Developmental Services**

Respite guests are primarily individuals who are medically fragile/technologically dependent. Respite is accessed overnight on weekends.

### **Caroline's Club**

Respite is offered for children 5 years to 14 years with a diagnosis of autism spectrum disorder. This program runs during daytime hours on Saturdays and Sundays.