



Respite for Parents & Caregivers

Presented by Rising Above Ministries

What Should Your Respite Room Look Like?

- Located onsite or close by
- A comfortable lounge space
- Provide food
 - Reach out to other local churches and organizations to partner with your church to provide the meal.
 - Provide a coffee or dessert bar if a full meal is beyond the budget this year.
- Provide a host or emcee
 - Facilitate fun games or giveaways.
 - Reach out to local businesses to donate gift cards for giveaways.
 - Some ideas include: movie theater, local restaurants, bowling alley, escape room, ice cream parlor, massage therapist, spas, hair salons, and more.
- Provide gift bags
 - Include fun and practical items.

Respite Room Best Practices:

- Plan for last minute walk-ups
 - Ensure you have enough space, food, supplies, and volunteers.
- Only background-checked staff and volunteers are permitted in the event space
 - Provide a small group of volunteers to escort parents and caregivers to the main event area if they wish to check on their loved ones.
- Provide a private adult changing room / bathroom space near the Respite Room
 - Include adult-sized changing table, plenty of gloves, disinfectant spray or wipes, paper towels, hand sanitizer, baby wipes, and garbage bags.
- Form a volunteer team to pray and talk with parents and caregivers