

Who to Call If You Need Respite

Your community-based provider:

Contact them at:

On-Call After Hours contact:

FAST
Families Access to Services Team
Cayuga County Community Mental Health Center
146 North Street, Auburn, NY 13021



A program offered by Cayuga County and provided by Cayuga Centers



Respite Placement

A Guide for Parents and Caregivers



Respite (noun) A short period of rest or relief
Respite care reduces stress, promotes well-being and safety of recipients, and contributes to stable families.

What is Respite?

Cayuga Centers offers temporary a short-term out-of-home stay for youth experiencing difficulty at home. The location and length of service depend on the best placement for both your child and family. Short-term stays are typically 1 – 2 days, but can be up to 21 days. Typically, youth 9 and under will stay in a therapeutic foster home. Youth 10 -18 will stay in either a foster home or the Youth and Family Resource Center, depending upon need, circumstance and availability. In most cases, siblings can be placed together. Once discharged, an additional Respite stay is available after 7 days.

How can we get Respite?

Contact your community-based service provider (therapist or case manager). Your service provider will help you complete the intake packet and submit to FAST – Families Access to Services Team. FAST reviews the request, determines the appropriate level of care and the length of service.

How does Respite help?

The goal of Respite is to help families stabilize so that they can begin problem solving, develop behavior management strategies and identify additional family supports.

Emergency Respite provides a safety net for families who are experiencing immediate safety concerns in their home or community.

Planned Respite is also available for less immediate needs and can be discussed with your service provider.

What does Cayuga Centers' Respite provide?

- A stay in a Therapeutic Foster Home or the Youth and Family Resource Center
- Supervision for the youth
- Meals
- Transportation planned through your service provider

What does our child need for a Respite stay?

- Current medications with updated instructions and in the original prescription container
- Medication Transfer form listing the medications and instructions
- Appropriate clothing for the length of stay
- Hygiene items like a toothbrush, toothpaste, comb or brush
- Comfort items like a blanket or stuffed animal
- Valuables and electronics, including cell phones, mp3 players and game systems should be left at home