

Alabama Lifespan Respite Resource Network®

Providing Breaks for Family Caregivers: A Toolkit for Volunteers and Faith



Alabama Lifespan Respite Resource Network® is a statewide program of
United Cerebral Palsy of Huntsville and Tennessee Valley, Inc.

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Communities

The Respite Ministry was established not only to give the caregivers some relief but as an outlet for those with dementia, Parkinson's, and Alzheimer's; hopefully to enable them to interact with others with similar problems as well as the volunteers. It not only has done ALL of that but it has been a tremendous blessing for EVERYONE participating. Being a volunteer is a breath of fresh air.

— **Glenda Yelverton**

*Respite Volunteer, First United Methodist Church,
Montgomery, AL*

CHAPTER 1

• Introduction •

An estimated 31% of households in the United States are involved in caregiving at any given time. In Alabama, that translates to 1,463,221 Alabamians providing full-time care for a loved one in their home. A 2013 Pew research report estimates that 39% of the population will provide care for a loved one at some point during the year. There are many caregivers in your family, neighborhood and faith community. For those individuals, caregiving can be a very rewarding experience, but it can also be mentally, physically, emotionally, and financially stressful. Fortunately, there are many ways that the faith community can help. One key way congregations can get involved is through respite. *Respite is temporary relief for family caregivers who are caring for an individual of any age who has a disability or chronic/terminal illness.*

Benefits of Respite

Research has demonstrated that respite has a number of benefits for both the caregiver and the care recipient. Respite reduces the stress and fatigue associated with caring for a family member. When the caregiver is refreshed, his or her attitude improves toward the care recipient and the overall functioning of the family unit improves. The improved attitude and family functioning that come with a short break helps prevent unintentional abuse and neglect.

Caregivers are more likely than the general population to experience health problems of their own. Stress and the physical demands of caregiving are often the root cause of these problems. Respite provides an opportunity for caregivers to address their own health and well-being. This allows the caregiver to continue providing care for a loved one in their home for a longer period of time, and delay out-of-home placement in a medical facility.

Why the Faith Community?

The number of family caregivers and the need for quality respite care in our state is significant. However, current resources are limited, expensive and often difficult to access. Caregiving families are often so focused on the task of providing around-the-clock care that they become isolated. Often, families drop out of the faith community at the time when support is most needed.

A respite ministry can be a great way to bring caregivers back into the faith community and demonstrate a commitment to supporting them. Faith-based groups may already have a foundation of trust within their community and this can give caregivers reassurance that their loved ones will be properly cared for in their absence. Involvement in a respite ministry often gives members a new-found awareness of the barriers that prevent people with disabilities or health issues from fully participating in the faith community. With this understanding comes the possibility of a more inclusive community that is welcoming to people with special needs and their families. These families are thus able to participate more fully and feel a sense of belonging.

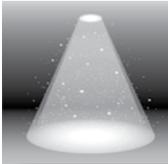
Faith communities have a lot to offer in terms of their capacity to provide respite. Limited resources are available for respite programs. Faith communities already have many of the resources that are needed. Availability of facilities, stability

of finances, and a wealth of volunteers make faith communities a good option for respite programs. Most likely congregants provide a source of untapped talents that can be put to good use through a respite ministry. Starting a respite program need not be expensive.

This faith-based guide will provide your faith community with some tools to begin a caregiver and/or a respite ministry. Alabama Respite is committed to working alongside your faith community and providing the assistance, training and encouragement needed to develop and sustain a ministry of this type. Please contact **Alabama Respite** at (256) 859-4900 to learn more!

What Can Our Congregation Do Right Now?

- ◆ Teach caregivers that they may be on a long journey. Encourage them to take a break as they continue.
- ◆ Surround them with support before a crisis!
- ◆ Encourage them to ask for help from family, friends and their faith community.
- ◆ Call the caregivers in your congregation and listen to their concerns.
- ◆ Ask caregivers how you can help.
- ◆ Look at how your current ministries can be adapted to include caregivers.
- ◆ Create a “respite fund” from which caregivers can draw to pay for respite.
- ◆ Make accommodations to include the caregiver and their loved one in church activities.
- ◆ Prepare a list of ways to help out with everyday activities such as shopping, running errands, or yardwork that can be difficult for caregivers to find time or energy to do. Volunteer to assist the caregiver with these activities.



PROGRAM SPOTLIGHT

Caring Days Tuscaloosa, AL

Caring Days is a day program for adults with Alzheimer’s and other memory disorders, located in Tuscaloosa, AL. It is a program of Caring Congregations. Clients attending the program participate in specially designed activities to encourage the continued use of social, language, motor and cognitive skills. The goal of Caring Days is to provide quality of life to all clients by making sure they laugh and smile each day.

In 1994, members of the local First Presbyterian Church recognized the need for adult day care for those experiencing memory loss. Currently, 23 congregations of various denominations work together to provide this program. They incorporated into a group called Caring Congregations. Their first project, Caring Days Adult Day Care, opened on March 10, 1997.

In 1998, Caring Days won the prestigious LOTUS Award. This award is presented annually by the Women’s Committee of Spain Rehabilitation Center in Birmingham, Alabama. It is given in recognition of outstanding contributions toward improving quality of life for people with disabilities. In 2000, Caring Days proudly became an agency of United Way of West Alabama.

In October 2012, Caring Days moved into their new Mal and Charlotte Moore Center—a specially designed facility that allows for plenty of room to accommodate individuals of various levels of ability and offers activities such as art therapy. On a typical day, the program serves an average of 25-32 individuals—and 52 total individuals throughout the month.

For more information or to let them know you would like to support the program, please contact **Vicki Kerr** at (205)752-6840.

www.caringdays.org

www.facebook.com/caringdaysadultdaycare



Starting a Faith-Based Caregiver Ministry

1. Start with your own congregation.

- a. There may be caregivers in your congregation that you do not even know about!
- b. Be sure to follow up with members who have stopped coming to church. Often, caregivers who have been consistent members of the faith community drop out when a loved one becomes ill or disabled.

2. Let the caregivers tell you what they need.

- a. You can speak personally with caregivers or use a questionnaire to determine what caregivers need and want in a caregiver ministry.
- b. A church meeting or forum is another way to find out what caregivers need.

3. Look for ways to link new caregiver ministries with programs you are already doing.

- a. A caregiver program can be a natural extension of ministries such as visitation or special needs ministries the church is already offering.
- b. Volunteers that are already working with these programs may also be interested in caregiver needs as well.

4. Find out what others are doing for caregivers in your community.

- a. Speak to other churches about what kind of programs they offer for caregivers. You may be able to partner with other churches to recruit a larger group of volunteers.
- b. Speak to community organizations that may be involved in caring for caregivers. There may be an opportunity to reach out to individuals outside your church who are being served by these organizations!

5. Educate your faith community about caregiving and caregiver needs.

- a. Use bulletins and newsletters to share information about caregivers and their needs.
- b. Have a special prayer or service for caregivers.
- c. Allow caregivers to speak about their experiences of caregiving.
- d. Provide a resource table with information about caregiving.

6. Prioritize.

- a. You will likely feel overwhelmed with the needs you find within your community.
- b. Choose two or three small goals to work towards.
- c. Start with something that you know can be done with your current time, volunteer base and resources.

If you would like more information about how to get started with a faith-based caregiver support program, please contact Alabama Respite by e-mail at info@alabamarespite.org or by phone at (256) 859-4900.

CHAPTER 2

• Faith-Based Respite Planning Guide •

Step 1: Educate

The first step in the planning process is to educate your congregation about caregiving and the need for respite. Do not assume that your congregation is knowledgeable about the needs of caregivers. Alabama Respite has found that many who care for a loved one in their home do not identify themselves as “caregivers” until someone points out that they serve in that role.

Here are several ways you can provide education about respite:

- Provide educational materials, such as brochures or rack cards to your congregation (available through Alabama Respite)
- Include a series of articles on caregiving in your newsletter/bulletin
- Have a caregiver service or prayer
- Have a guest speaker at your worship service – please contact Alabama Respite if you would like to request a speaker
- Have a caregiver from your own congregation share about how caregiving has affected his/her faith journey

Step 2: Establish an Advisory Board/Group

Often educational activities within your congregation will spark an interest among members about caregiver issues. As interest develops within your congregation, it is a good idea to establish an advisory board or committee that will work on these issues. This group will be responsible for the rest of the planning process.

Here are some ideas for individuals who may want to include:

- Caregivers in your congregation
- Care providers in your community
- Lay leadership – lead member of your outreach team, disability coordinator, etc.
- Clergy – in situations where there are multiple clergy, you should ask who the appropriate clergy is for that particular ministry.
- Disability professionals
- Caregivers in your community
- Clergy from other churches
- Members of Alabama Respite or your local *Sharing the Care*

SHARING THE CARE (STC)

is a community initiative that brings together a group of volunteer community stakeholders whose goal is to strengthen caregivers by increasing the availability and accessibility to local respite resources. Activities of STC groups include public awareness, training, technical assistance, and resource development. Numerous STC groups are active throughout Alabama.

Please contact **Alabama Respite** at info@alabamarespite.org if you are interested in becoming involved.

Step 3: Assess Needs and Assets

Your advisory committee should take the lead in assessing the needs of caregivers you expect to serve. This committee will first decide whether the program will be primarily for current members of the faith community or will include the community at large. Next, you should identify caregivers in your congregation or community. Members of the board may be able to brainstorm and develop a list of known caregivers in the congregation. Remember to include those who are homebound or have left your congregation because of the demands of caregiving. Assess the needs and assets of caregivers who fall within the intended scope of your program.

Needs: A questionnaire or interview format may be used as part of your needs assessment. Alabama Respite or your local STC can assist you in locating or developing survey instruments that best fit the needs of your congregation.

Assets: Determine what caregiver supports already exist within your community. Contact other churches and ask what supports they are currently offering for caregivers. There may be an opportunity to partner to assist a greater number of caregivers. You may also consider contacting local non-profit organizations that work with caregivers to determine what resources they may be able to offer.

Step 4: Develop a Plan

Once you have determined the needs and assets of your congregation/community, it is time to set priorities and make decisions. Identified needs and assets should be the basis of your plan. If you would like assistance in planning your program, please contact Alabama Respite at **(256) 859-4900**.

The advisory board should make a detailed plan that addresses the following questions:

- **Who will be your target population?** Adults, children or both
- **Types or severity of disability or chronic illnesses.** Do you plan to serve people with physical or cognitive impairments? Specific disabilities such as Alzheimer's or Autism?
- **What are your priorities?** Choose one or two priorities based on assessment and then set one to three goals.
- **How will you measure success?**
- **What type of program will you have?** Examples include drop-off respite nights, benevolence funding, voucher programs, adopt-a-family programs, and in-home respite.
- **How will your program be funded?** Initial funding to get it started, on-going funding to ensure the program continues.
- **How will volunteers be recruited and coordinated?**
- **What training will be required of volunteers?**
- **What documentation will be needed?**
- **Who will develop this documentation and how will it be developed?**
- **Who will be responsible for each aspect of the program?** Write each aspect out in detail to ensure everyone knows what is expected.
- **What other faith communities or organizations would you consider if developing a partnership?**
- **What will each partner's specific role be?**

CHAPTER 3

• Types of Respite Programs •

Adapted from ARCH Fact Sheet Number 53 (May 2010)

The options for respite ministry are as varied as the congregations themselves. Alabama Respite can assist in determining what type of ministry will work best for your congregation and the specific needs of your community. This section will discuss common types of respite ministries: *benevolence funding, respite sites, adopt-a-family programs, family caregiver cooperatives, trained respite providers, and collaborative respite programs.*

Benevolence Funding A benevolence fund is a sum of money set aside for a particular cause or activity. In this case, benevolence funds can be set up through the faith community and set aside specifically to help pay for respite for caregivers or to support an existing respite program. Faith communities may choose to use the money to reimburse the caregiver or directly pay the provider of respite services.

Benevolence funding may work well when the congregation does not wish to start an independent respite program. This may be a good choice if the faith community lacks the facilities, funding, and/or volunteer base to start their own program, but wishes to support caregivers through respite. An already existing mission fund can also be used for this purpose. Generally, this type of funding will need to be established through the leadership of the faith community. For sample benevolence funding policies or other information about benevolence funding, please contact Alabama Respite at (256) 859-4900.

Respite Site Faith communities may wish to open their church to provide respite. There are a number of ways that a respite site can be developed. One of the most popular models of site-based respite is a “respite night” or “day out.” The congregation provides care and activities at their facility while enabling the caregivers a break.

Alternately, the congregation may wish to support a respite ministry by allowing an outside group to use their facilities for the purpose of respite. The respite site option may be good for faith communities that have some type of childcare facilities or senior centers that are only used on a part-time basis.

In order to be a respite site, it is important that the facility be accessible for the target group receiving respite. If an outside group will be using your facility, **you should have a signed agreement** regarding how and when the facility is to be used. Addressing issues such as maintenance of the facility, replenishment of supplies, and time schedules prior to starting the respite program are also strongly suggested.

Adopt-A-Family Program In Adopt-a-Family Respite Programs, a family in need of respite is matched with another family who can provide respite for the caregiver. The program requires careful planning, and care must be taken in matching families to ensure that both parties are comfortable and the needs of the care recipient are met. Faith communities that have families interested in providing respite, but lack the resources to sustain a large-scale respite program, may find that this type of program best meets their needs.



Aaron's Staff Respite Care Ministries Alabaster, AL

Aaron's Staff is a non-profit organization dedicated to providing respite for parents and guardians who have children with special needs. The ministry is made up of volunteers from area churches, schools and individuals who give of their time to provide quality care for the children and their siblings while the parents take time for themselves. Their mission is to help "lift the load" and meet the needs of the family on a physical, emotional and spiritual basis.

The founders of Aaron's Staff, Rhoda and Tim Trimble, can identify with the parents and guardians of these children. For 27 years, they took care of their son Aaron, who was the first of their five children and had cerebral palsy. They faced many challenges, one of which was difficulty in obtaining rest. For years they dreamed of being able to help families in similar situations. In March 2010, the foundation for Aaron's Staff was set in motion and the ministry was launched in June of that same year. The ministry has grown by leaps and bounds over the past three years and is making plans to expand their services more in the future.

On a typical respite night, parents and family caregivers enjoy a much needed evening out, while their children and siblings enjoy an evening of fun with their peers and are encouraged to participate in activities according to their individual abilities. Activities include arts and crafts, music therapy, pet therapy, story time, movies, and much more. Care is provided for children from infancy to age 21 with a wide variety of disabilities, including Autism, Cerebral Palsy, Cystic Fibrosis, seizure disorders, Spina Bifida, Traumatic Brain Injury (TBI), and visual or hearing impairments. Meals and snacks are provided at the events, donated courtesy of various local restaurants. Aaron's Staff does not charge families any fee for their services, but reservations are required. These can be made on their website or by calling and reserving a spot.

Aaron's Staff currently provides respite care one evening a month. They hope to someday be able to provide counseling services (which are now available on a limited basis), small group support, summer day care (which began on a one day basis in 2011) and a year-round daily program. Their personnel are thoroughly trained, CPR certified, and have completed an application, interview process, and cleared criminal background checks. Medical personnel are also on site at each respite night event.

aaronsstaffrespite.org

www.facebook.com/pages/Aarons-Staff-Respite-Care-Ministry/112969048765341

Video:

Windows: video1.adph.state.al.us/alphnt/tapings/Respite/RespiteV3.wmv.aspx

Real Player : video1.adph.state.al.us/alphnt/tapings/Respite/RespiteV3.ram

Family Caregiver Cooperatives In a cooperative, several caregiving families needing respite trade off keeping each other's loved ones. Cooperatives are usually arranged with children but can benefit seniors or other populations. Additionally, caregivers may utilize respite volunteers from the faith community.

The faith community can help organize and connect families that are in need of respite, provide appropriate facilities for respite, and coordinate volunteers. A caregiver cooperative would work best when there are a number of caregivers for the same age group in your church or community. This service can be provided in the individual's home or in a church facility.

Trained Respite Providers Another approach to respite ministry involves training volunteers to provide respite care to a particular population. A registry of volunteer or paid respite providers can be created and maintained. Volunteers can then be matched to appropriate families.

A registry may work well where the population being served requires special equipment/care that is only available within the family home. Organization and careful matching of volunteers with care recipients are required.

Alabama Respite may provide training for interested faith communities. An eight-hour comprehensive training program, **R.E.S.T.**, is available as well as shorter, more targeted programs are available.

Collaborative Respite Programs Collaborative respite programs involve partnerships between several faith communities, families, community programs, universities and/or government organizations. A collaborative program allows faith communities to draw upon outside resources that may not be available within one's own congregation. If your faith community already has existing partnerships within the community, this may be a good option to fully meet the needs of caregivers.

Conclusion As you can see, there are numerous approaches to starting a respite program in your faith community. If you are interested in any of these types of respite programs or creating a respite program all your own, Alabama Respite would appreciate the opportunity to share with you the tools and knowledge to move forward.

Please contact us at (256) 859-4900 for more information.

For participants, respite is restoration. It helps restore a competitive spirit, a sense of belonging, knowing that they are loved, a sense of humor, and strengthens faith. For caregivers, it restores some normalcy to life's schedule as a caregiver. Respite revives hope to the caregiver that the overall quality of life can be extended. For volunteers, to see the tangible improvements for both participants and caregivers is simply priceless.

— Larry McLemore

*Respite Volunteer, First United Methodist Church,
Montgomery, AL*

CHAPTER 4

• Training and Technical Assistance •

Alabama Respite has training available for caregivers and faith-based communities. Respite Education and Support Tools (**R.E.S.T.**) is a comprehensive, 8-hour training for volunteer respite providers. Alabama Respite has staff members certified to teach this program. In addition, Alabama Respite offers more more targeted trainings including:

- Basic Caregiving
- Basic Respite Care
- Crisis Intervention
- Volunteer Orientation
- Universal Precautions
- Disability Awareness
- “People First” Language
- Accessibility Audits
- Dealing with Behaviors
- Assisting with Care
- Stress Management for Caregivers
- Planning for a Crisis
- Education about Specific Disorders/Disabilities
- Child Development
- First Aid and CPR
- Confidentiality
- Adapting Activities to Specific Populations
- Sensory Processing and Communication
- Documentation
- Developing Policies and Procedures
- Program Planning and Evaluation

WHAT IS R.E.S.T.

To find out more, please visit

www.restprogram.org

www.youtube.com/watch?v=q7cSEb38f2A

If you are interested in any of these training opportunities or technical assistance offerings, please visit restprogram.org or contact Alabama Respite at info@alabamarespite.org would like us to develop a training not listed.

CHAPTER 5

• Additional Resources •

General Caregiver/Respite Information

- Explanation of Respite: www.youtube.com/watch?v=nnU9UIrnCbE
- AARP Caregiving Resource Center: www.aarp.org/home-family/caregiving
- ARCH fact sheets: www.archrespite.org/productspublications/arch-fact-sheets
- Information about disabilities that may be served:
www.caregiverslibrary.org/caregivers-resources/grp-disabilities.aspx
- Caregiver Stress FAQ:
www.virginianavigator.org/vn/caregiver-stress-frequently-asked-questions/article-21.aspx
- Caregiver Action Network: www.caregiveraction.org/resources/agencies
- REST Ministries, Inc. (Chronic Illness Support Ministry): www.restministries.com
- Dementia Education for Caregivers: www.phoebe.org/education-for-caregivers
- PBS Caregiver Resources:
www.pbs.org/wgbh/caringforyourparents/handbook/caringcaregiver/index.html
- Caregiver Support Network Volunteer Training Manual:
www.kofc.org/un/en/resources/military/serve/vavs_caregivers.pdf
- PBS video about Alzheimer's Caregiver:
www.pbs.org/newshour/bb/health/jan-june13/healthcare_05-30.html

Faith-Based Respite

- Faith-Based Respite – ARCH webinar:
www.archrespite.org/webinars-and-teleconferences/webinar-respite-in-the-faith-community
- Disability World article about Faith-based Respite:
www.disabled-world.com/disability/caregivers/respite/faith-communities.php
- General Info about Faith-Based Respite (radio broadcast):
www.blogtalkradio.com/makingroom/2010/10/10/faith-based-respite-care
- Faith-Based Mental Illness Support:
www.nacsw.org/Publications/Proceedings2007/BoykinLCaregiver&FBoCoalitions0207E.pdf

Program Examples

- Developing a Respite Program – Nathaniel’s Hope: www.youtube.com/watch?v=XhwNvz6aOTQ
- Aaron’s Staff: www.aaronsstaffrespite.org
- Pure Ministries – Respite Guide:
www.pure-ministries.com/wp-content/uploads/2013/04/PURE_quickstartguide_download.pdf

Planning Resources

- Care Ministry Program Guide – Leader’s Toolbox:
www.caregiverslibrary.org/caregiving-ministries/care-ministry-program-guides-article.aspx
- Caregiver Needs Assessment: www.caregiver.org/caregiver/jsp/content_node.jsp?nodeid=1695
- Building Capacity to Support Family Caregivers – Data Report:
www.n4a.org/pdf/AAA_survey_report_Building_Capacity_to_Support_Family_Caregiverst.pdf
- Disability Ministry Resources: www.joniandfriends.org

CHAPTER 6

• 2013 Faith-based List for Alabama •

Baldwin County

Fairhope United Methodist Church

Shepherd's Place

155 South Section Street
Fairhope, Alabama 36532
251-928-1148

Monday and Wednesday, 8 a.m. – 3 p.m.

Tuesday Thursday, 9 a.m. – 1 p.m.

Age: 65 and above memory challenged, limited physical disabilities

Contact: Leisa Richardson

Email: Shepherdsplace@fairhopeumc.org

Gulf Shores United Methodist Church

Day Break Senior Day Care

1744 Gulf Shores Parkway
Gulf Shores, Alabama 36542
251-968-2411

Monday and Wednesday, 10 a.m. – 2 p.m.

Age: 55 and above with dementia

Contact: Terry Fowinkle, Director

Email: terryfowinkle@hotmail.com

Calhoun County

Anniston First Baptist Church at McClellan

851 Morton Road
Anniston, AL 36205
256-847-0230

2nd Friday of each month, 6:00 p.m. – 10 p.m.

Contact: Dean Pearce

Email: dpearce@annistonfbc.com or

Sherry McCune at sdelozier@annistonfbc.com

Word Alive

122 Allendale Road
Coldwater, AL 36203
256-831-5280

Takes place during 11:15 church service

Age: 0-21

Email: Kidzalive@wordalive.org

Etowah County

Christ Central Methodist Church

Central Friends

409 West Grand Avenue
Rainbow City, AL 35906
256-442-6625

4th Friday of the month, 6 p.m. – 10 p.m.

Age: 3 – up

Contact: Jeri Shoulter

Jefferson & Shelby Counties

Oak Mountain Presbyterian Church

Sunday Morning Buddy System

5080 Cahaba Valley Trace
Birmingham, AL 35242
205-981-4325

Contact: Gwen McLeod

Email: gwenmcleod@hotmail.com

St. Mark United Methodist

2901 Columbiana Rd
Vestavia Hills, AL 35216
205-444-4696

1st Friday of the month

Age: 0-21

Contact: Susan Lee

Email: SLee@shelbyed.k.12.al.us

Email: info@saintmarkumc.org



Respite Ministries

First United Methodist Church Montgomery, AL

First United Methodist Church of Alabaster

Aaron's Staff

10903 Alabama 119

Alabaster, AL 35007

205-261-9915

3rd Saturday of the month, 5 p.m. – 9 p.m.

Age: 0- 21

Contact: Rhoda Trimble

Email: rho413@att.net

McCoy Methodist

Adult Day Care Center

730 8th Avenue West Suite 102

205-251-2178

Fee begins at \$30/day

7 a.m. – 5p.m.

Age: Adults

Contact: Betty Lee, Director

Email: umseniors@att.net

South Highland Adult Day Center

Special Connections Program

2035 Highland Avenue South

Birmingham, AL 35205

205-933-0790

Full day \$40, Half day \$25

7:15 a.m. – 5:30 p.m.

Adults with dementia/memory disorders

Email: myork@southhighland.org

Briarwood Presbyterian Church

2200 Briarwood Way

Birmingham, AL 35243

205-776-5291

www.briarwood.org

Sunday AM and PM Worship;

Wed Night Bible Study

Contact: June Cork

Email: jcork@briarwood.org

When it comes to recognizing the needs of family caregivers across the lifespan, First United Methodist Church in Montgomery, AL has stepped up big time, with two significant respite ministries – Joy for Johnny which serves families with children and adolescents with disabilities, and a day respite program for older adults with memory loss due to Alzheimer's, dementia, Parkinson's, or stroke.

Joy for Johnny is a respite ministry for families that have children with special needs. An outreach ministry of First United Methodist Church, Joy for Johnny honors Jesus' desire that all children be welcomed and embraced as signs of the Kingdom. Kids with special needs, together with their families, receive the loving support of Christ's church through respite care. They meet the 2nd Saturday of each month from 4 p.m – 8 p.m.

For more information, email joyforjohnny@gmail.com.

They may also be found on Facebook at

www.facebook.com/joyforjohnny

The Respite Ministry for older adults with memory loss meets each Monday and Wednesday from 10 a.m. – 2 p.m. Trained professionals and volunteers provide supervision, lead activities, and serve a nutritious lunch for participants who have the opportunity to socialize with others while enjoying a variety of stimulating activities including music and dance, exercise, Bible Study, arts and crafts, intergenerational activities, pet assisted therapy, and service projects. This allows the family caregiver time to run errands, take care of business, or relax and take a break.

For more information, contact Daphne Johnston at 334 834-8990 or djohnston@fumcmontgomery.org or visit www.fumcmontgomery.org/Respite.htm

To read an interview with Susan Hunt, coordinator for the Joy for Johnny respite program visit bit.ly/1hLC6DT

Lauderdale/Colbert County

Faith Church

Shoals Respite

3601 Florence Boulevard

Florence, AL 35630

256-767-4711

1 Friday/month (call for dates)

Contact: Crystal Magruder

Limestone County

Friendship United Methodist Church

16479 Lucas Ferry Road

Athens, AL 35611

256-232-7207

3rd Friday of the month, 6 p.m. – 9 p.m.

Age: No limitations

Contact: Dean Morgan

Email: Dmorgan@al-rsvp.com

Lindsay Lane Baptist Church

1300 Lindsay Lane

Athens, AL 35613

256-232-7202

4th Friday of the month, 6 p.m. – 9 p.m.

Contact: Dean Morgan

Email: Dmorgan@al-rsvp.com

Clements Baptist Church

8690 US Highway 72

Athens, AL 35611-9081

256-232-7207

2nd Friday of the month, 6 p.m. – 9 p.m.

Age: No limitations

Contact: Dean Morgan

Email: Dmorgan@al-rsvp.com

Isom's Chapel Methodist

16230 Mooreville Rd.

Athens, AL 35613

256-232-7207

1st Friday of the month, 6 p.m. – 9 p.m.

Age: No limitations

Contact: Dean Morgan

Email: Dmorgan@al-rsvp.com

Madison County

Faith Presbyterian Church

5003 Whitesburg Dr. SE

Huntsville, AL 35802

256-881-4811

Age: Children any age

3rd Friday of every month except December

Contact: Holly Wilkes at 256-682-8886 or

Linda Rass at 256-468-5371

Email: holly54!@knology.net

Weatherly Heights Baptist Church

1306 Cannstatt Drive SE

Huntsville, AL 35803

256-881-6882

1st Friday of the month, 6 p.m. – 9 p.m.

Age: Call for ages

Contact: Pat

Email: Pat@weatherly.org

First Baptist Church

225 Hunt Drive

Hazel Green, AL 35750

256-828-4479

4th Friday of the month, 6 p.m. – 10 p.m.

Age: 0-21

Contact: Misty McCleary

Email: Misty.McCleary@hazelgreenfbc.org

Good Shepard Catholic Church

S.N.O. (Special Needs Night Out)

13550 Chaney Thompson Road SE

Huntsville, AL 35803

256-883-5183

2nd Sat Sept – May

Siblings welcome, Does not administer medication

Age: 0-21

Contact: Karrie Bajoras at Bajoras@comcast.net

Contact: Beth Sparkman at Goodshep@hiwaay.net

First Baptist Church

600 Governors Drive SW
Huntsville, AL 35801
256-428-9400
Special needs building accessibility
Worship Enhancement
Buddy Ministry
Special Needs Sunday School
Age: 0-21
Email: Joy@sbcsbc.org

Montgomery County

First United Methodist Church

2416 West Cloverdale Park
Montgomery, AL 36106

Joy for Johnny

334-239-9887
2nd Saturday of the month, 4 p.m. – 8 p.m.
For children with disabilities and their siblings
Contact: Susan Hunt
Email: joyforjohnny@gmail.com

Respite Care Ministry

334-834-8990
For people with memory loss
Contact: Daphne Johnston
Email: Djohnston@fumcmontgomery.org

Frazier United Methodist Church

Dementia Daycare

6000 Atlanta Highway
Montgomery, AL 36117
334-272-8622
Alzheimer's Diagnosis
Thursday 9:30 a.m. – 12 Noon
Age: Seniors
Contact: Donna Anderson
Email: jjshoulter@bellsouth.net

Tuscaloosa County

North River Church

North River Respite
4215 Rice Mine Road NE
Tuscaloosa, AL 35406
205-344-4044
Age: call for ages and dates for respite
Contact: Holly Glasgow, NRC Respite Coordinator
Email: hglasgow1228@gmail.com

Covenant Presbyterian Church

113 Hargrove Rd.
Tuscaloosa, AL 35401-5033
205-799-7032

Arts N' Autism

205-247-4990
After school program
Contact: Jan Sikes
Email: artsnautism@gmail.com

Worship without Worry

205-758-1193
Care for children with autism
(may take other diagnoses)
Sunday school to Worship, 9:30 a.m. – 12 Noon
Contact: Greg Sanders

Caring Days Adult Day Care

943 31st East
Tuscaloosa, AL 35405
205-752-6840
For adults with memory disorders
Monday through Friday, 7:30 a.m. – 5:30 p.m.
Contact: Vickie Kerr, Executive Director
Email: vicki@caringdays.org



Alabama Lifespan Respite Resource Network[®] is a statewide program of
United Cerebral Palsy of Huntsville and Tennessee Valley, Inc.
1856 Keats Drive NW, Huntsville, AL 35810
256-859-4900 • 1-866-RESTALA
info@alabamarespite.org • www.alabamarespite.org

