

# **Cut Yourself a Break - Holiday Respite Options**

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It's that time of year for pumpkin pie, snow angels, snuggling with a blanket, and holiday breaks. This holiday season, consider arranging respite to give yourself a breather from being a caregiver.

## **Daily and overnight respite**

If your loved one is enrolled on one of the waivers listed below, you can contact your case manager to arrange respite services to be paid for by the waiver:

- [Children's Extensive Support Waiver \(CES\)](#)
- [Supported Living Services Waiver \(SLS\)](#)
- [Children With Life Limiting Illness Waiver \(CLLI\)](#)
- [Brain Injury Waiver \(BI\)](#)
- [Elderly Blind and Disabled Waiver \(EBD\)](#)
- [Community Mental Health Supports Waiver \(CMHS\)](#)
- [Spinal Cord Injury Waiver \(SCI\)](#)

[The Colorado Respite Coalition](#) can connect families to agencies that provide respite and can also offer financial resources.

[The Guided Tour](#), [Trips INC.](#) and [Sprout](#) all offer supervision and support while traveling on planned guided trips specifically developed for people with intellectual and developmental disabilities.

## **Just need a mini break for a few hours?**

[Easter Seals Discovery Club](#) offers a club where kids of ALL abilities including children with extensive needs and their siblings can go.

[National Sports Center](#) offers winter camp and sports-related activities.

[Aurora Parks and Rec Therapeutic Recreation](#) program encourages meaningful recreation opportunities and programs for individuals with disabilities to enhance and expand social, cognitive, affective and physical abilities.

## **Want to take a break as a family and leave the wallet at home?**

Check out [2017 Free Days](#) at Museums, the Denver Zoo, and Denver Botanic Gardens.