

Family Support Services

Our Family Support Services department encompasses a large spectrum of services and programs. Respite care is a primary concern because the agency strongly feels it is important to assist both the individual and family. Many different types of services, including various forms of respite, are provided. The program has expanded to include personal assistance, mentoring and community participation.

The benefits of Respite include the following:

- Reducing stress
- Strengthening the family by providing time for relaxation
- Improving long-term family stability

In-home

Respite is temporary care for children or adults with developmental disabilities who live at home. Trained respite staff provides activities and personal care for service recipients.

Out of home

A respite provider will take care of an individual in his/her home after an inspection has been done to make sure the home is safe and accessible for care.

Personal Assistance

Support staff is trained in areas of physical management and mealtime challenges; We also offer other basic provider skills to help individuals with disabilities by providing more personal services, such as bathing and dressing. These individuals provide more than just "sitting" services and are often used on a daily or regular basis to help the family in specific caretaking.

Community Participation

This program offers individuals the opportunity to build relationships and natural supports within the community. It provides opportunities to experience and participate in community exploration, leisure activities, hobbies, and community events, etc.

Forms of Respite Care

In-Home
Out-of-Home
Summer Camp
Weekend Retreats
Community Participation
Personal Assistance

Summer Camp

Summer Camp is divided into two weeks in the summer, usually in July and August. Both camps are residential, meaning campers do not go home during the week-long camps. Direct Care Counselors are present at a ratio of 3:1 in order to maintain safety and provide campers with individualized attention. Campers participate in various recreational activities centered on a central theme. Registration starts in May and is on a first-come first-serve basis.

To participate in the camp, clients must have a developmental disability or delay. The minimum age requirement is eight years. Siblings are welcome to attend both the summer camps and the weekend retreats.

Weekend Retreats

The Weekend Retreats are held 10 times a year and take place monthly, except in the months of our week-long summer camp programs. People with disabilities ages 8 and up are eligible for the recreational weekend camps. Formatted to be a "mini-camp," the weekend retreats have one staff member for every three campers and are held at different locations around the Mid-South. Campers are dropped off Friday evenings at 8 pm and picked up Sunday at 4 pm.

Sometimes the weekends include community participation activities such as trips to the mall, zoo, and other public forums. Our staff and volunteers supervise all campers as they participate in arts and crafts, music, group games, sports, and community outings.

Fees & Supplements

The Arc Mid-South provides supplements and camperships for low-income families to receive services. Each case is reviewed individually. A family services fee is requested from participants in all agency programs. For more information, please contact The Arc Mid-South.

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