

When Your Family Needs A Break

Parents and family members with a child or adult who is disabled and living at home occasionally need a break from the day-to-day

responsibilities of caring for that person. Whether it's going on vacation, spending a weekend alone, or a serious emergency need, respite is one of the most precious gifts family members can receive.

At United Cerebral Palsy of New York City, Inc. (UCP/NYC), we are proud to offer a first-rate respite program serving all five boroughs of New York City.

Our facilities are completely wheelchair accessible and have all the necessary modifications to provide a safe, comfortable and homelike environment for those with special physical needs.

In addition, UCP/NYC has an experienced and professional staff who have been thoroughly trained in medication administration, CPR, First Aid, and all other required training for state certification of our facility.

An added bonus is that we are located in a modern, eight-bed home on a beautiful 12-acre campus in the Pelham Gardens section of the Northeast Bronx. We are just a few blocks off the Hutchinson River Parkway. The setting could not be more peaceful and relaxing!

For more information, call:
(718) 652-1902

About United Cerebral Palsy of New York City

UCP/NYC is the leading non-profit agency in New York City providing direct services, technology and advocacy to children and adults with

cerebral palsy and other disabilities.

The agency was founded in 1946 by parents of children with cerebral palsy during an era when no community or school-based services existed. Since that time, UCP/NYC has been at the forefront nationally in developing residential, educational, recreational, vocational, clinical, technological and family support services that address the diverse needs of people with disabilities and their families. Currently, over 7,000 individuals and their families benefit from our services every year.

UCP/NYC's mission is to provide the highest quality services in health care, education, employment, housing and technology resources that support people with cerebral palsy and related disabilities in leading independent and productive lives.

For information about UCP/NYC programs and services contact:

Project Connect
United Cerebral Palsy of NYC
120 East 23rd Street, 5th Floor
New York, NY 10010

TEL: (212) 979-9700, ext. 237
TOLL FREE: 1 (877) UCP CONNECT, ext.237
FAX: (212) 260-7469

To look us up on the World Wide Web:
www.ucpnyc.org



United Cerebral Palsy of New York City

Overnight Respite Program



A residential respite program serving children and adults with physical and developmental disabilities who live in the five boroughs of New York City.

What Our Guests Receive

All guests to our Overnight Respite Program

receive a special package of services to make their stay as comfortable and enjoyable as possible. These include:

- all meals and snacks, with careful attention paid to any specialized dietary or feeding needs
- regularly scheduled recreational activities, including arts and crafts and outdoor activities
- all laundry services
- bathing and personal care
- routine medications administration, plus emergency medical care if needed (we have a nurse on-call)

In addition, parents or guardians are permitted to telephone or visit their family member at any time. UCP/NYC has an open door policy that especially encourages parental contact the first time your child stays with us.

“The Respite Program gives me time to be with my other children and time for myself. It’s also a place that I have been able to turn to in an emergency when my apartment was being repaired. It’s excellent in a crisis. Most of all, they take good care of my daughter. You can feel the love in the air. You can trust them 100%.”

— **Adeline M. and daughter Hilda, age 14, Brooklyn**

Participating In The Overnight Respite Program

There are a few basic guidelines to

follow in using UCP/NYC’s Overnight Respite Program.

- **ELIGIBILITY** - Individuals must be physically as well as developmentally disabled in order to qualify for the program. We accept children and adults of all ages; however, we cannot accommodate those who have severe behavior problems. Applicants must live in one of the five boroughs of New York City.
- **COST** - UCP/NYC’s Overnight Respite Program is funded by the New York State Office of Mental Retardation and Developmental Disabilities and supplemented by private contributions. It is available at no cost to those who meet the eligibility criteria.

“The Overnight Respite Program has met my expectations. It gave me and my son Brian a break when we really needed it. Brian enjoys the program tremendously, and he goes several times a year.”

— **Angela N. and son Brian, age 8, Queens**



“It’s a beautiful location and the program is really nice. It’s like home away from home. I don’t have any other kinds of help, and they take good care of Jamal. It’s cool. I like it!”

— **Sherrie W. and son Jamal, age 10, Brooklyn**

➤ **TRANSPORTATION** - Guests can be dropped off and picked up at a mutually convenient time. Our staff can suggest transportation options if you do not own or have access to a car.

➤ **TO MAKE A RESERVATION** - Weekends and summers are our busiest times of year. Since our

capacity is eight guests at any one time, you may need to make your reservation several months in advance if you wish to book during a peak period. Typically, two weeks notice is required at other times. To apply, just telephone the Overnight Respite Program at **(718) 652-1902**.

“I can call up anytime to talk to my son, or just get on the bus to go see him without calling ahead. They’re so easy to deal with and they really care for the kids. It’s like Gregory’s and my family.”

— **Beulah C. and grandson Gregory, age 15, Manhattan**

➤ **PROGRAM USAGE** - Each guest in the Overnight Respite Program is generally scheduled for a 7-day stay, with the option for additional time based on availability. Weekends and short stays are also available.

“The staff are very caring and nurturing. They are very accommodating of our family’s needs. The best part about the Respite Program is that it gives families a chance to be “normal,” to do the things that other families do. It gives us relief.”

— **Nellie V. and son Jason, age 20, The Bronx**

