



# Westchester Arc

## Respite House

622 Manhattan Avenue  
Thornwood, New York, 10594





### ***The House...***

- Wheelchair-accessible
- Open evenings, Monday
- Open round-the-clock on weekends.
- Accommodates six guests
- "Overnight awake" staff for safety

### ***Staff Trained in...***

- First aid
- CPR
- Administration of medication
- Behavior management
- Interdisciplinary team approach
- Adaptive equipment
- Fire safety

***Eligibility*** - Children and adults with a developmental disability living at home with a family member. Family must reside in Westchester County.

***Funding*** - Respite is a Family Support-Waiver service that is provided through Westchester Arc's recreational services. We receive funding from Medicaid and New York State.

*This service is free and available to families not on Medicaid.*

# What is Respite?



*For a night, a weekend or a week...*

*For planned needs or an emergency...*

*Our newly renovated home in the quiet town of Thornwood provides a caring and safe environment for children and adults with developmental disabilities while family caregivers get a necessary break.*

## ***How do families benefit?***

The benefits are numerous, but not always obvious. Providing a break in the daily routine may help parents avoid burnout, stress and fatigue. Periodic respite care can help parents relax for awhile and come back revitalized and better able to care for their son or daughter.

Respite care also gives the person with disabilities a change in his or her daily routine. It can provide opportunities to build new relationships and move toward independence.

Recreational and social events are planned by staff, based on visitor interests, needs and capabilities.

### *What to do first?*

Contact Jody Handley, 914- 949-9300, ext. 3221, [jhandley@westchesterarc.org](mailto:jhandley@westchesterarc.org), to request an application. Once the application has been received, Jody will call you to schedule a time for you to visit Respite House. This will be an opportunity for us to learn about your loved one's needs and to complete other required forms.

### *Emergency Care*

Contact Jody Handley, 914-949-9300, ext., 3221 or David Gasparri, 914-949-9300, ext. 3218, [dgasparri@westchesterarc.org](mailto:dgasparri@westchesterarc.org), if you require emergency respite services.

After business hours - call the house directly and they will contact Jody.

### *Directions*

121 Westmoreland Avenue,  
White Plains, NY 10606

Tel: 914-428-8330

Fax 914-949-8645

[www.westchesterarc.org](http://www.westchesterarc.org)