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## [9 Steps to Respite for Family Caregivers of Children and Adults with Intellectual and Developmental Disabilities](#)

The ARCH National Respite Network and Resource Center is developing a series of fact sheets for family caregivers. These fact sheets are a guide for getting the respite care you deserve.

[9 Steps to Respite for Family Caregivers of Children and Adults with Intellectual and Developmental Disabilities](#) [[Spanish](#)] will help you have a better understanding of the resources that are available, what you can expect and how to select a high-quality service that best meets the needs of your family. This fact sheet outlines nine simple steps to help you assess your own needs, identify the different types of respite, and provide information on how to find and pay for services. The information provided will also help you plan and make the most of your respite time, better prepare your loved one for respite, offer guidance on orienting respite providers, and provide a comprehensive list of resources specific to the needs of the person in your care.

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The mission of the [ARCH National Respite Network and Resource Center](#) is to assist and promote the development of quality respite and crisis care programs; to help families locate respite and crisis care services in their communities; and to serve as a strong voice for respite in all forums.

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