

# Respite Services



UCP Seguin understands caregivers' need for downtime.



It enables them to recharge and have more energy for the person in their care. However, if no one can assume their caregiving roles, they generally cannot stop. This impacts their health and the quality of care they can provide. UCP Seguin has two options for caregivers in Proviso, Oak Park, and River Forest Townships.



## Weekend Respite Care

**We created a solution unlike any other in the Chicago area:** Respite House, a wheelchair-accessible home in west suburban Bellwood, where families can send loved ones with disabilities for a weekend and relax, knowing they are in the care of professional staff and engaged in recreational activities.

### Respite House Offers:

- Individualized care and support
- Around-the-clock staff
- Bedrooms with televisions
- Professional care for adults with autism
- Access to behavioral and medical staff
- Social, recreational, and community activities to integrate, enrich, and empower adults with disabilities

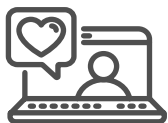


## In-Home Respite Services

**UCP Seguin also offers in-home respite services for caregivers of individuals with disabilities.** This program includes activities that improve the independent-living skills of those in their care and prepare them to live outside their family home.

### These Services Include:

- Trained staff to provide direct assistance and supervision for individuals with disabilities
- Staff-supervised social and recreational activities
- Independent-living skills training to teach meal preparation, budgeting, shopping, and other basics



FOR MORE INFORMATION:

William Dillard  
708.222.4821  
wdillard@ucpseguin.org

