

RESPITE COORDINATOR

Referrals for respite services in Waterloo Region are accessed through Sunbeam as the central point of access. If a family/child/youth has a Service Coordinator or a Resource Worker at SDRC they will be their first point of contact to discuss respite options.

If not already connected to SDRC, please call 519-741-1121 and ask to speak with an Intake Worker.

For more information
please contact:

Respite Coordinator

Sunbeam Developmental
Resource Centre

519-741-1121

INQUIRES

Please direct inquiries, referrals, and requests for services to:



205 - 1120 Victoria St. N.
Kitchener, Ontario N2B 3T2

Phone: 519-741-1121

Fax: 519-743-4730

Or email us at:

sdrc@sunbeamcommunity.ca

Website: www.sdrc.ca

Satellite Offices

Elmira: 118 Barnswallow Dr.
Elmira, ON N3B 2Y9

Hanson: 65 Hanson Ave.,
Kitchener, ON N2C 2H6

Cambridge: 757 King St. E.
Cambridge, ON N3H 3N8



Ontario
Funded by the Ministry of
Children, Community and Social Services

BRO-006-10-24



Children's Respite Services in Waterloo Region

WHAT IS RESPITE?

Respite is a SHORT BREAK.
Short breaks create opportunities
for all family members to live
actively and participate in
community activities.



**RESPITE SERVICES IN
WATERLOO REGION**

Respite is a heavily requested service in developmental services; therefore, waitlists exist for several respite services. Each agency has defined ages for respite services. Please refer to the description of the agencies for specifics.

For children and youth under the age of 18, all respite referrals are made through Sunbeam Developmental Resource Centre (SDRC).

For referrals for adults 18 years and older, eligibility must first be determined by Developmental Services Ontario. You can contact them at their Toll Free number 1-888-941-1121. Once eligibility is determined a referral will be forwarded to SDRC on your behalf.

Children and youth under 18 years of age accessing respite or waiting for respite are not moved to adult services automatically. The process above must be followed.

**AGENCIES PROVIDING
RESPITE FOR CHILDREN IN
WATERLOO REGION**

Extend-A-Family

Respite is obtained by matching individuals with host families in the community.

Parents for Community Living

Respite is offered for children and youth 5 years to 18 years, overnight on weekends, Friday to Sunday at a children's group home located in Waterloo.



Sunbeam's Kids Hub

Children and youth who are medically fragile/technologically dependent can access respite up to the age of 18 years in this respite home located in Cambridge.



**Sunbeam Developmental Services
Resource Centre**

Respite is offered for children 5 years to 14 years with a diagnosis of autism spectrum disorder. This program runs during daytime hours on Saturdays and Sundays.