

# You Deserve a Break. We'll Make It Easy.

*Respite Services for Children with  
Developmental Disabilities (Ages 0–21)*

## Respite, Your Way! Same Break. Two Options

Whether you choose **Self-Hired Respite (SHR)** or **Agency-Hired Respite (AHR)**, the goal is the same: to give you time to rest while your child is cared for by someone you trust.

Parents of children with developmental disabilities give their all—every single day. That's why New Jersey offers **up to 90 hours of respite every 90 days** for children under 21. Whether you want to nap, run errands, or enjoy a quiet moment, **respite gives you that chance.**



## SHR vs. AHR – Choose What Works for You!

Have someone in mind? We've got two great options!

### ► Self-Hired Respite (SHR)

You choose your respite worker (friend, relative, neighbor—anyone over 18 who is not the parent or legal guardian).

- You pay them directly
- You submit a monthly timesheet
- You get reimbursed by check each month

### Agency-Hired Respite (AHR)

Prefer not to handle payments? We'll hire the person you choose (any adult except the parent or legal guardian).

- We onboard and employ the worker
- We pay them directly every month
- You still get all the same hours and flexibility



# River Home Care

☎ 732-314-5960

🌐 [www.riverhomecare.com](http://www.riverhomecare.com)

✉ [info@riverhomecare.com](mailto:info@riverhomecare.com)

**Respite Made Simple. Relief You Can Trust.**

# Respite. Simplified.

## How it works:

### 1. Apply for Respite Services

Apply through **PerformCare** and request **River Home Care** as your provider.

### 2. Pick Your Provider

Choose someone your child already knows and feels safe with—a sibling, neighbor, cousin, or teacher (as long as they're over 18 and not the legal guardian or parent).

### 3. Easy Onboarding

We'll walk your chosen caregiver through a simple process:

- **Application** – short online form
- **Fingerprinting** – at no cost to the caregiver
- **TB test** – completed at a location convenient for them
- **Basic training materials** - So your chosen caregiver is fully knowledgeable—without the stress.

### 4. Start Using Your Hours

Use your **90 hours every 90 days** on your schedule—afternoons, weekends, evenings, or school breaks.

### Important Tips

- Use your hours regularly
- Submit your monthly timesheet on time
- Timely submissions mean timely payments—for you or your caregiver

## We're Here to Help. That's what we do.

Still unsure which option is right for your family? Let's talk.

We'll walk you through SHR and AHR, help with paperwork, and make sure you're set up with ease.

## Real Respite Moments...

I finally had time to rest. Just knowing my child was in good hands made all the difference.”

– A grateful River Home Care parent

We chose someone we already trusted, and River handled the rest. It was simple and gave us peace of mind.

– Respite participant



# River Home Care

☎ 732-314-5960

🌐 [www.riverhomecare.com](http://www.riverhomecare.com)

✉ [info@riverhomecare.com](mailto:info@riverhomecare.com)

Respite Made Simple. Relief You Can Trust.