

Understanding Respite Care Through the Children's System of Care (CSOC): A Guide for Families

Respite Care

Respite care provides family caregivers with a much needed break from the daily responsibilities of caring for a loved one with intellectual and developmental disabilities (IDD).

Taking time to rest and recharge helps caregivers maintain their own health and well-being while continuing to provide the best possible care. Respite also gives families the opportunity to arrange safe, temporary care for their loved one with IDD.

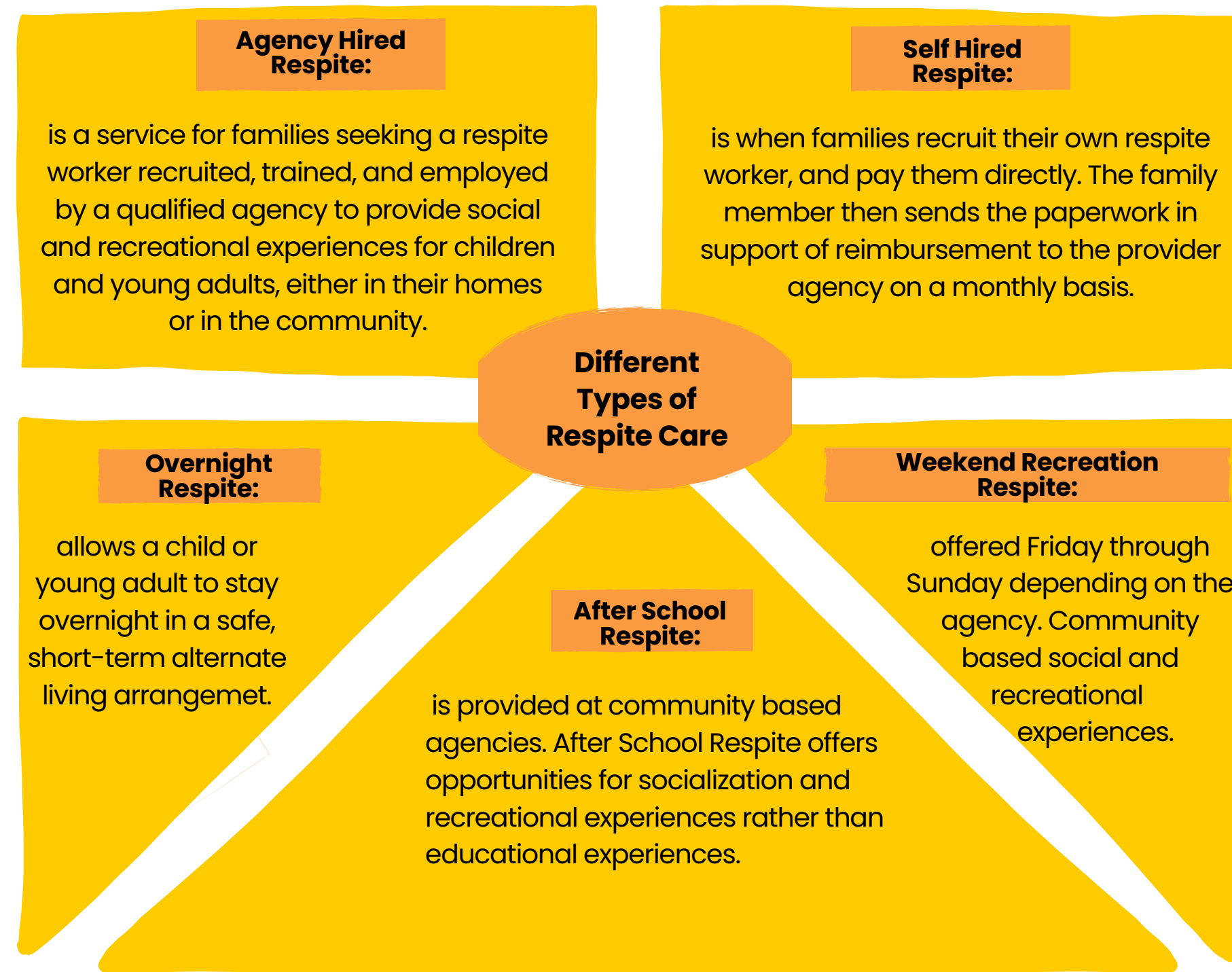
Respite services for individuals **under the age of 21**, are part of the Family Support Services provided by the NJ Children's System of Care.

PerformCare is the contracted provider for respite services. Children and young adults who are eligible for services through PerformCare can apply for respite. For more information visit:

<https://www.performcarenj.org/>



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Resource Section
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