



Hope Grows Take a Break in the Dirt Family Information & Guidelines

Hope Grows recognizes that caring for a child with a physical, intellectual or developmental disability is a great responsibility, so Hope Grows has established the Take a Break in the Dirt program to assist you with this effort. Hope Grows will pair a trained volunteer with your family to provide reliable respite care. Our volunteers are carefully screened and trained to assure that your family receives the highest level of service.

The assistance provided by your Hope Grows Respite Volunteer generally falls into the following categories:

- offering friendship and companionship
- sharing therapeutic and creative recreation activities (adaptive gardening)
- participate in programs scheduled at our contracted community gardens
- aiding in the development of social skills
- providing basic personal care
- assisting in feeding, positioning, transferring
- assist with routine oral medication

In situations where it is inappropriate for the volunteer to accept total responsibility for your child's care, you will be asked to remain with your child at the Take a Break in the Dirt location while your child participates in the programming or your child will not be able to attend. Over time, if it becomes appropriate, you may be able to transfer the responsibility of watching your child to your volunteer, leaving you free to do different things at home or in the community. Volunteers make a 6-week (1x a week for a two (2) – three (3) hour session) commitment to serve a Hope Grows family.

Your family is eligible to be served by the Hope Grows Volunteer Respite Program if your child:

- is age 5 – 17
- is diagnosed with a physical, intellectual, or developmental disability
- lives at home with a parent or custodial caregiver and can be transported to and/or from program location

Family Registration

To register for the Hope Grows Program, please complete the Family Registration form and either mail to 183 Shafer Road, Moon Township, PA 15108 or complete online at <http://www.hopegrows.net/take-a-break-in-the-dirt/>. After the registration form has been received, the Take a Break in the Dirt Coordinator will contact you to complete the application process, inform you of the program logistics, and invite you to a meet and greet with the program facilitator, volunteers, and families. There is no application fee or ongoing fee to register for or participate in Hope Grows' Take a Break in the Dirt program.