

## Take A Break Volunteer Program

Clearbrook recognizes that raising a child with a developmental delay or disability poses many challenges. As families meet these challenges, time away from daily responsibilities can become a necessity for the caretakers.

When there is a child with special needs at home, some of the simplest daily activities can be difficult if not impossible. Our Take A Break Volunteer Program can lessen these difficulties and erase impossibilities by offering respite.



### What is Take A Break?

**Take A Break** is a unique program specifically designed to help families of young children with disabilities, from birth to age four, by providing them with four hours of weekly support by a specially trained volunteer.

Take A Break assists families at an overwhelming point in their lives; providing the families with a break reduces stress, allows rest and relaxation, and reduces feelings of isolation.

### What is Take A Break in the Afternoon?

**Take A Break in the Afternoon** is a program that was created to help support our families currently on the Take A Break Program waiting list. We meet three times a month in our CHILD Therapy Services Program facility in Rolling Meadows (3705 Pheasant Drive).

Families can drop off their children for an afternoon of play supervised by trained volunteers and staff.

### Meet Our Volunteers

At Clearbrook, we extend the role of our volunteers by training them to emulate a direct service provider:

### **Take A Break Volunteers:**

- Must adhere to a 20-hour pre-placement training program before they are matched with a family.
- Participate in an Educational Training Program and a CPR/First Aid course.
- Commit to four hours per week for a minimum of six months.

### **Frequently Asked Questions**

- **Who is eligible to participate in Take A Break?** If you have a child, newborn to four years old, that has a significant delay and you live in the north and northwest suburban areas of Chicago, you are eligible to receive respite through our Take A Break Volunteer Program.
- **Is there a cost to participate in Take A Break?** There is a nominal monthly fee for the respite service.
- **How does Take A Break differ from LIFE?** Take A Break provides the opportunity for family members to take a break from the daily care needs of the individual(s) while LIFE focuses on active treatment for the individual(s).
- **Can I become a Take A Break Volunteer?** Absolutely. The number of families in need of respite relief is far greater than the number of volunteers we have available. We could always use your help.
- **How do I get started?** Contact Clearbrook's Take A Break Program Coordinator at 847-392-2812 ext. 35 to begin the process.