

Kitsap Applied Technologies has a *Respite Program designed for Adults*

INTRODUCING KAT RESPITE SERVICES “Learning Based Respite”

The KAT Respite Programs falls under the DSHS official category of “Facilities Based Respite Services” Our program strives to provide individualized services for participants to help them gain skills and develop as individuals. We believe that respite can be more than just recreation. Contact us and find out how we can help promote learning and recreation for your loved one while giving you a break to recharge and attend to other things you need done.

The **KAT Respite Program** provides meaningful, individualized, integrated, skills based activities and recreation in a facility-based environment. In return for providing this service, KAT is reimbursed by the State of Washington one respite hour (\$18.16 for the 2019 calendar year) per hour service or \$4.54 per quarter hour. If the client does not have enough respite hours authorized there is also a cash stipend program available.

If you have in-home individuals who may benefit from extracurricular activity and expanding their network of friends and associates, KAT may be the answer. Some of our clients utilize the excellent Kitsap Community Transit bus service while others are brought to KAT by their caregivers.

KAT’s Respite Care provides temporary direct care and supervision for adults. The primary purpose is relief to families/caregivers of individuals with an Autism Spectrum Disorder or other cognitive conditions. The service is designed to help meet the needs of the primary caregiver as well as the served individual. Normal activities of daily living are provided, to include, engaging activities, exercise, communication building, and support in accordance with behavior plans. Our program staff specializes in providing individualized services that challenges and supports individual growth. We offer a service curriculum that builds:

- ❖ Communication Skills
- ❖ Social Skills
- ❖ Self-esteem
- ❖ And Physical Health

The services are provided in a safe and secure environment and can fit the scheduling needs of most people.

What Does KAT’s Respite Service include?

- KAT Respite Care provides relief for families or other caregivers of people with disabilities.
- KAT’s Respite workers provide supervision, companionship and personal care services usually provided by the primary caregiver of the disabled adult.
- Services appropriate to the needs of individuals with dementing illnesses are also provided.
- Respite Services helps when you need a break from the demands on your complicated schedule
- KAT Respite Care currently operates **Monday** and **Wednesday** between 12:30 and 3:30

More information: contact KAT Programs Manager, **Mark Jones**, phone number **360-377-5454 ext. 103** or email MarkJones@katkitsap.org. See the KAT Contacts Page for a map to KAT's East Bremerton Location.