



Respite Care

(Updated February 2025)

Respite occurs when your child with special needs is well-supervised while you take a break to be with your other children or to rejuvenate. If your child lives at home with you, you may qualify for reimbursement of respite care costs; ask your GGRC social worker. You can use your respite hours with a provider of your choice (including relatives) or ask your social worker about programs such as:

- [4Cs of San Mateo County](#) supports families in finding appropriate childcare. All of 4C's services are free or low- cost. (650) 517-1400
- [Easterseals Northern California](#) offers flexible respite care to give caregivers a break. Their services provide temporary, safe care—either in-home or at community locations—for individuals with disabilities, helping to support overall family well-being. (925) 266-8400
- [Raji House](#), a weekend respite care program. (650) 376-3593. Email raji@parca.org
- Camp Via West, now part of AbilityPath, provides weekend and week-long special needs camping programs throughout the year in their [ViaWest program](#). (408) 243-7861