

Quebec:
Accessing Respite Funding

Contact your local CLSC to access the Integrated University Health and Social Services Centres (CIUSSS) respite program.

This program is funded by the Ministère de la Famille

Find your local office here:
"Find Your CLSC" Website

Each CIUSSS is given a certain amount of funding for respite resides annually by the Quebec Government.

The first step is contacting your local CIUSSS, or CLSC, office and getting connected with a Social Worker or Social Work Technician.

There can be long waits to get connected to a worker. Children with higher support needs usually get referred more quickly.

Since it can be a long wait to get a worker it is a good idea to look around for organizations that offer respite services, camps, or can connect you to specialized respite workers. There are sometimes waitlists for services from these organizations so registering with them early may ensure you will have some support/an idea of where to find support when you do get approved for funding.

These organizations vary by your location. This website can be a useful resource: Respite Directory

Once you get connected with a Social Worker or Social Work Technician they will start assessing what the support needs are for your family.

Based on this they will put in a request for you to receive respite



Your worker may also help you apply for respite from charities or organizations in your community.



The amount of respite funding you are approved for is based on your level of need, and the availability of funding in your local office.

Funding levels vary and even when approved, you still may be added to a waitlist before you get your first payment.



Funding will be sent directly to families to hire respite workers or Social Workers will manage the funding, depending on the situation. Funding is distributed twice a year, or once a year, depending on your local CIUSSS.



Once families hire someone they keep receipts regarding payments so that they can provide documentation to their Social Workers if requested.