

# Express Menu

Flexible options for families who are Direct Funding Agents and Person Centred Societies as per CLBC's 'Interim Guidance: Flexibility for Direct Funding and Person Centred Societies



## Creative Alternatives at Home

Use of funding during the COVID-19 pandemic to create a break at home. Whether it is getting dinner prepared, support with household chores, online one-to-one engagement with your adult son or daughter or getting someone in so you can take a long bath, you have options to try within your COVID bubble.



## Short Breaks Outside of the Home

Use of funds for hourly support outside the home, for an outdoor based activity or for a safe indoor community space outside the home. Walks, drives, sight-seeing, picking up food for an indoor or outdoor meal are also eligible.



## Overnight Break for Family Caregivers

A stay AWAY FROM HOME at a hotel or other accommodation while your loved one is cared for at home to keep contact with others low OR have a respite provider take the person needing care out of the home over night while you take a break at home.

## Self-Care Activities

Sometimes taking care of yourself as a family member means other self-care strategies. During this difficult time using funds for mental health supports like on-line or in-person counselling with a registered counsellor are an option.

**TIPS:** \*\* No purchases of personal technology or hardware allowed

\*\* Receipts totalling respite funds received must be provided

During this COVID-19 pandemic we know families and their family members are carrying multiple layers of stress, responsibilities and uncertainty. We will continue to work on ways to support family caregivers during this time.

- For more information on this initiative including FAQ's and the relating Interim Policy Guidance, visit CLBC's website [here](#)
- To subscribe to CLBC's family newsletter [click here](#)

