

Share A Break



Would you like to give
a break in your home to
someone with a disability?

Share a Break has been run successfully since 1983. The scheme makes it possible for some 200 people with disabilities to enjoy a break each year. Host families say that that they find it challenging, fun and rewarding!

The Aims of Share a Break

- To help children and adults with special needs to enjoy a break or holiday in a friendly home atmosphere.
- To give natural families a break from the constant care and responsibility.
- The host family have a chance to learn more about disability while caring and sharing in their home.
- To give people in long stay residential services an opportunity for breaks in a family setting.



Teresa Sullivan, Betty Corroon and Mary Gallagher

What's Involved?

When a host family offers to help, they are introduced to a person seeking Share a Break. Meetings are facilitated by a key worker. Once acquainted, if mutually agreed, the people can get to know each other. This means they can build up a good rapport prior to the Share a Break. Families who already know each other will be facilitated in taking part in the scheme.

Do We Need References Before Someone Is Placed With Us?

Yes. This is very important. References will be required from someone who knows the hosts well and Garda clearance is essential for all household members who are over 18.

What About Preparation?

Having a visitor to your home affects the whole family. That's why it is so important for the whole family to be involved in Share a Break. Induction is provided before the person is placed. Further training will be provided. The agreement between both families is voluntary and hosts may leave the scheme at any time.



James Dunleavy and Bridie Reilly

What Kind Of Back Up Is There If We Need It?

Each host family will have a key worker who will visit by arrangement or on request to discuss any issues which may emerge. The key worker will provide support and advice, if needed.

How Long Is Share a Break?

There is flexibility in relation to the length of stay, depending on what the host family can offer and the needs of the person being placed.

What About Expenses?

There is a cash allowance to host families who participate in Share a Break. This money is to defray the added expense of food, petrol, entertainment etc.



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive



Share a Break is a joint venture by the Health Service Executive and the Sisters of Charity of Jesus and Mary (Muiríosa Foundation)



Joseph Delaney and Triona Drennan

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