



**AUTISM SOCIETY OF OREGON**  
Open the Door to Hope and Success.

## **TAKE A BREAK ON ASO**

*SPONSORED BY THE AUTISM SOCIETY OF OREGON*

ASO recognizes that caregivers of people living with autism don't have enough time for themselves and could use a much needed break. So we're launching a new program, "Take a Break on ASO" to provide caregivers with respite care and an outing for two! This is a statewide program. To access it, you must contact the ASO Chapter Representative for your county, contact information below.

Below is a menu of excursions for Region 6 (Specifically Multnomah & Clackamas counties). Contact Genevieve Athens at (503)636-1676 to proceed. *NOTE: For Region 6, Wasco & Hood River Counties, call Debbie Koch, (541)296-8916, for program information in those counties.*

### **TAKE A BREAK EXCURSIONS. CHOOSE ONE:**

<b>Menu 1:</b> <b>One night at a hotel, double occupancy</b>
<b>Menu 2:</b> <b>Dinner for 2. Restaurant may be chosen by caregivers. Certain restrictions apply.</b>
<b>Menu 3:</b> <b>Spa Treatment for 2 at the Pointe Day Spa located in River Place, downtown Portland</b>
<b>Menu 4:</b> <b>Dinner &amp; movie</b>
<b>Menu 5:</b> <b>Dinner &amp; bowling</b>

**Guidelines:**

- 1. Caregivers are responsible for booking the respite care. Your ASO chapter rep may have a list of respite care providers in your area. Caregivers will provide to ASO the name and contact information of the respite care provider as soon as they have it.**
- 2. Child care must be provided by a respite care provider. Family members are not eligible, unless the family member is part of a respite care provider network.**
- 3. ASO will pay for respite care at \$12/hour or a maximum of \$200 for one care session.**
- 4. ASO will pay the respite care provider directly. Respite care providers will be given a form to fill out and fax to ASO. Payments to respite care providers will expedited by ASO.**
- 5. Caregivers will chose amongst the excursion menus developed by each region.**
- 6. This program is on a first come, first serve basis**