



Staff

All persons employed by RACSB are required to have a clean criminal history (State Police/FBI database); good driving record (DMV record); no Department of Social Services founded child abuse and neglect complaints; and pass a pre-employment drug screen.

Facilities

All RACSB facilities are licensed by the Virginia Department of Behavioral Health and Developmental Services (DBHDS) and are inspected annually to ensure compliance with fire prevention code requirements and environmental health regulations.

Additional Services

RACSB provides an array of services to meet the needs of the community. Services include:

- Support Coordination/Case Management
- Day Health and Rehabilitative Services through Rappahannock Adult Activities
- Residential Services (community group homes, supervised apartment programs, supported living arrangements, sponsored placement program, and intermediate care facility)
- Outpatient Therapy and Medication Management
- 24-hour Emergency Services (540-373-6876)

Visit www.rappahannockareacsb.org to learn more.

Rappahannock Area Community Services Board

The Rappahannock Area Community Services Board (RACSB) is an agency of local government which was established in 1970 under Chapter 10 of the Code of Virginia. RACSB provides community-based mental health, intellectual disability, substance abuse, prevention, and early intervention services for the City of Fredericksburg and the Counties of Caroline, King George, Spotsylvania, and Stafford.

The Board is composed of 15 volunteer members who are appointed by the local governing bodies. The Board members are people from the community with various occupations and interests, who serve three-year terms of office.

Mission

The Rappahannock Area Community Services Board is committed to improving the quality of life for people residing in Planning District 16 with mental health, intellectual disability and substance abuse problems and preventing the occurrence of these conditions. We do this through an integrated community-based system of care that is responsive to individual needs and choices. We respect and promote the dignity, rights, and full participation of individuals and their families.

State Licensure

RACSB programs are licensed by the Virginia Department of Behavioral Health and Developmental Services (DBHDS).

To Learn More

Contact the program supervisor, Lacey Fisher, at 540-899-4670 or myers@racsb.state.va.us.

No one is denied services based on inability to pay. Financial assistance is available.

RACSB complies with the Americans with Disabilities Act. Equal access to programs, services and employment is available to all persons.

Information current as of 01/2016 and subject to change without notice.

Rappahannock Area Community Services Board



Myers Drive Respite Program

A Community Resource for Individuals with an Intellectual Disability

Established in Partnership with Doris Buffett and The Sunshine Lady Foundation

10 Myers Drive
Fredericksburg, VA 22405
540-899-4670

Rappahannock Area Community
Services Board
600 Jackson Street
Fredericksburg, VA 22401
540-373-3223
www.rappahannockareacsb.org



Myers Drive Respite Program

RACSB has been providing residential services for adults with an intellectual disability in our community since 1977. Group homes, supervised apartment programs, and intermediate care facilities allow individuals to remain in the community near their families and natural supports while receiving 24-hour structured support.

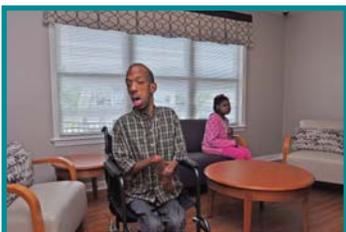
Recognizing there is a need in our community for respite care for families with a loved one who has an intellectual disability, RACSB partnered with Doris Buffett and The Sunshine Lady Foundation to establish the Myers Drive Respite Program in 2013.

This six-bed home, located in South Stafford County, serves adults (age 18 or older).

Individuals are supported to experience independence while caregivers benefit from a rest from care responsibilities or tend to other obligations or commitments.

During the work week, individuals will be supported to maintain their daily routines (school and/or day support programs). Evening and weekend activities will be interactive and person-centered.

Prior to the first stay, families will tour the home and help staff get to know the likes and dislikes of their loved ones. This advance preparation will help ensure a smooth initial visit as well as return stays.



Who can use the Myers Drive Respite Program?

The Myers Drive Respite Program is for adults (ages 18 or older) with an intellectual disability. Guest can stay for up to 15 days per visit.

How do I schedule a respite stay for my loved one?

After your loved one has been assessed and accepted into the program, call the program at 540-899-4670 to schedule a visit with the program supervisor. Visits will be scheduled based on availability, housemate match, and support needs.

What are the scheduling options?

Respite services are offered on weekends and during the week. Check-in is Monday from 4:00 p.m. to 6:00 p.m. for week-long stays and Friday from 4:00 p.m. to 6:00 p.m. for weekends. Check-out is Sunday between 4:00 p.m. and 6:00 p.m. Every effort will be made to meet the needs of your family. Please discuss any special accommodations when scheduling your visit with the program supervisor.

Why is there an assessment process and what does it involve?

The Myers Drive Respite Program staff want to support your loved one safely. Advance preparation helps to ensure staff know your loved one before they step foot through the door. Our assessment process involves observing your loved one while at their day program, work, community activity, and even at home, if necessary.

State licensing regulations require an assessment be completed prior to the individual receiving services.

RACSB understands that those emergency situations will occur where you need the Myers Drive Respite Program with little notice. Having a completed assessment and previous visit to Myers Drive Respite Program will allow for a better transition in the event of an emergency.



How can we prepare for a visit?

A current physical and TB test are required (completed within the past year). Additionally, please provide copies of prescriptions for any medication that may need to be administered during your loved one's visit (this also includes vitamins and over-the-counter medications like Tylenol). We suggest making photocopies of prescription orders before filling them, getting the physician office to print a chart copy, or getting your pharmacy to print out the doctor's order. (Many of the local doctors and pharmacies are accustomed to RACSB requiring these items.)

Who can use these respite services?

This service is available to those who live at home with loved ones and receive companion aide or personal attendant support.

Though all Myers Drive Respite Program staff are trained in medication administration, the program does not provide nursing support. Anyone requiring intense medical support such as G-tube care, Ostomy care, oxygen, etc. are unable to be supported at this time.

**Schedule a visit!
Call 540-899-4670**