



# The Newfoundland and Labrador Association for Community Living Hotel Respite Program

The Newfoundland and Labrador Association for Community Living (NLACL) is very excited to announce the relaunch of our Hotel Respite Program. The Hotel Respite Program enables parents and caregivers of a person with an intellectual disability the opportunity to have a “place to get away” and allow themselves a chance to rest and rejuvenate recharge and relax.

Being a caregiver of someone with a disability is a role that families often devote their entire lives to. However, due to financial constraints and limited availability of support care, families rarely get the opportunity to indulge in something like a night or two at a hotel **just for themselves**. Now with the NLACL Hotel Respite Program, you can!

To avail of this program, just follow the steps listed below:

- **You must be a member of NLACL to avail of this program.**
- Parents/caregivers are asked to call Hope Coulbourne, NLACL Executive Director, (709) 722-0790 or email [nlacl@nlacl.ca](mailto:nlacl@nlacl.ca) to make the reservations.
- Please note - reservations cannot be made directly at the hotel, with hotel staff or their toll-free number, you must contact NLACL to get the special rate.
- Reservations should be made through NLACL a minimum of 2 weeks in advance of your desired dates to ensure availability.
- Although we will do our best to get the dates you are hoping for, sometimes, due to availability at the hotel, we may need to consider alternate dates.
- After NLACL has made your reservation, you will receive a booking confirmation, which must be presented to the hotel at check-in to guarantee your special rate.
- Parents/caregivers are responsible for all charges upon check-out.