

Enhanced Respite Services to the Underrepresented Ethnic Population of Alta California Regional Center



Available Respite Workers Who Speak These Languages

- Spanish
- Japanese
- Hmong
- Vietnamese
- Russian
- Ukrainian
- Arabic
- Farsi
- Hindi
- Urdu
- Other Languages

- Serves clients of **ALL AGES**
- Available **24/7 YEAR-ROUND**
- **In-home care**
- **Sibling care available**

- Sacramento
- El Dorado
- Placer
- Yolo

WHAT IS RESPITE CARE?

Respite care provides much needed relief from caregiving duties of a loved one or client with a developmental or physical disability.



Alta California Regional Center
2241 Harvard Street, Suite 100
Sacramento, CA 95815
(916) 978-6400
www.altaregional.org

UCP of Sacramento and Northern California
Family Respite Services
4350 Auburn Blvd.
Sacramento, CA 95841
(916) 565-7700
www.ucpsacto.org

Our Mission

At UCP of Sacramento and Northern California, our mission is to provide programs and services that improve the independence, productivity, and quality of life for people with developmental disabilities and their families.