



Autism Society of Oregon “Take a Break” Program



What is the ASO Take a Break Program?

The Autism Society of Oregon (ASO) will give the primary caregiver of a child on the autism spectrum a free night out. ASO will give you:

- a \$25 gift certificate to a restaurant of your choice;
- 2 movie tickets to a theater of your choice; and
- up to 4 hours of respite care at \$14/hour (total \$56)

How do I participate in the Take a Break Program?

Call the ASO office: (503) 636-1676

or

Email ASO: info@autismsocietyoregon.org

There is no waitlist or lottery to participate!



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Does ASO arrange for respite care?

No. Parents are responsible for arranging for respite care, but ASO will try to help find providers if needed. Family members are welcome to provide respite care, so long as they are over the age of 18.

ASO will pay the respite care provider directly. They will send you a form to give to your care provider to fill out and return to ASO for payment after services are provided.

How often can I participate in this program?

To ensure all families are given a chance to participate, ASO asks that each family wait for a year after enjoying “Take a Break on ASO” before applying again.