Respite, Caregiver & Sibling Support

For Lexington families across disability types. Options include caregiver matching, service navigation, private providers, peer connections, and sibling programs.

FCSN Caregiver to Caregiver Respite Network

Families of children ages 0-26 needing specialized support | c2crespite@fcsn.org

Matches caregivers with attention to support needs, location, language, and culture, with staff guidance and background checks. Ask about matching, training, payment or exchange arrangements, and timing. It is not a guarantee of immediate staffed respite.

Program information & contact details

Riverside Family Support Center

6 Lincoln Knoll Lane, Suite 103, Burlington, MA 01803 | 978-655-3801

Serves Lexington families of children and adults with developmental disabilities. Ask about navigation, family supports, and respite or funding pathways. Eligibility, authorization, and available funding differ by service; confirm before purchasing care.

Program information & contact details

BILT: Bridging Independent Living Together

215 Lexington Street, Floor 1, Woburn, MA 01801 | 978-206-1306 | Info@BILTne.org

Offers respite, home and community supports, and family navigation for people with disabilities. Ask specifically about current staffing for Lexington, ages served, support needs, rates, funding, and waitlists. Confirm the service location; the office address is not a promise of drop-in care.

Program information & contact details

Before arranging care: Discuss communication, personal care, medical needs, supervision, transportation, staff training, backup coverage, and emergency contacts. Ask who screens and supervises workers and whether funding must be approved in advance. Match the arrangement to the person receiving support as well as the caregiver.

More Support & Next Steps

Contact each organization for current services, eligibility, costs, and availability.

Massachusetts Sibling Support Network

Statewide | 617-807-0558 | info@masiblingsupport.org

Information, referrals, educational presentations, and community connections for siblings of people with disabilities. Ask about current age groups, nearby or virtual options, and costs. Sibling support should include space for siblings' own interests and experiences.

Program information & contact details

UMass sibling and family support

Virtual program information | emily.rubin@umassmed.edu

The Shriver Center lists sibling and family support for families of youth with autism, developmental disabilities, and/or mental health needs. Contact the program for current age ranges, groups, enrollment, and fees rather than relying on an older event listing.

Program information & contact details

Parent to Parent of Massachusetts

Statewide peer support | FCSN: 800-331-0688 or 617-236-7210

Connect with parent-to-parent support through the Federation for Children with Special Needs. Ask about a match with relevant lived experience and language preferences. Peer connection can complement respite and clinical support; it does not provide childcare.

Program information & contact details

Questions to bring

Who is eligible? What referral or application is needed? Who is our contact? What costs or approvals apply? Is there a waitlist? What language and access supports are available? Keep a dated list of calls, applications, and follow-up steps.

A starting guide, not a comprehensive directory, endorsement, or individual medical, legal, or financial advice. Sources are linked throughout. Some government information was checked through official indexed listings where full pages were unavailable. Confirm details directly.

More LexSEPTA family resources