



REGIONAL CENTER RESPITE SERVICES FREQUENTLY ASKED QUESTIONS

How were my respite hours determined?

Respite needs are determined by evaluating a consumer's current level of skill, support need, and family dynamics. A Family Respite Needs Assessment survey tool is used for this purpose. Families customarily use up to 24 hours/month, depending on need. A reassessment of needs can and should be conducted whenever significant changes occur in the individual's skills or functional level, family dynamics, or as alternative respite resources are identified.

Are "respite" and "day care" the same? Can I qualify for both?

Respite and day care are two separate services. Day care is intended for care of your consumer while his/her family is at work, school, or in training. Respite care gives parents/primary caregivers time for other things, like chores or rest.

Your consumer may qualify for both services. Discuss your needs with your service coordinator.

Will the utilization of IHSS affect my ability to qualify for respite care?

No. IHSS stands for In-Home Supportive Services. IHSS is administered by the Monterey County Department of Social Services (<http://mcdss.co.monterey.ca.us>). It is not a regional center-authorized service and does not count as respite care.

How do I know how many hours of respite I have used?

It is the family's responsibility to keep track of the hours they have used per authorized respite period. Hours used above the authorized number will not be paid for by the respite agency and/or the regional center.

Family circumstances have changed and I need additional respite hours to be authorized before my next IPP meeting. What can I do?

Call your service coordinator to discuss your need for additional hours.

Can I supplement my respite worker's pay?

No. Respite provider's pay cannot be supplemented by the family. This is prohibited by regulation.

My care provider isn't getting paid in a timely manner. Can I pay them out of my own pocket and have the agency send the funds to me?

No. Respite pay can only be sent to the care provider on record. If your provider indicates that they are not getting paid in a timely manner, contact your respite agency/FMS provider to discuss payment issues.

My respite worker lives 30 minutes away. He said he needs to add one hour (for driving to my house and back) to his time sheet on each visit. I really don't mind, because it is a long drive. If I am okay with this, is there anything I need to do?

No. Respite providers cannot be paid for travel time out of your respite hours. Your provider is to be paid ONLY for the time in which they are providing 1:1 care for your child.

I received what looked like an invoice on pink paper from the regional center. I thought the service was free.

There is no charge for respite services. The pink sheet you received was a copy of the authorization of your service. It is being sent to you as an official record of the number of respite hours per period you are authorized to receive and the dates for which this service has been authorized. Each time you are re-authorized for respite (or any service, for that matter), you will receive a pink copy of that authorization in the mail.

If you have any questions about the information on this confirmation, or if you believe it includes information that needs to be changed, contact your service coordinator as soon as possible.

What should I do if the agency recommended by my service coordinator has not been able to place a worker?

Contact your service coordinator if your designated respite agency has not been able to meet your needs. In most cases, your service coordinator can authorize you to receive support from another agency.

What can I do if no one is able to find a worker for my consumer?

Discuss this issue with your service coordinator. Participant-directed respite support by which you identify a family member (other than a parent), friend or neighbor, eligible to work in the U.S., and over the age of 18 may be an option.

Regardless of the situation, you and your service coordinator should work together as a team to identify possible solutions.

Can I be authorized for both Agency and FMS respite?

Yes. However, the total number of authorized respite hours will remain the same each period. You and your service coordinator can determine how to split your authorized hours between Agency and FMS respite provider sources.

Can I have more than one respite worker authorized under FMS respite?

Yes. Each care provider must be approved by the FMS agency, after having gone through the FMS agency's application process, which includes a background check.

Can my respite worker pick my child up from school?

No.

Can my respite worker run errands for me?

No.

Can I ask the respite worker to watch my other children, too?

No. This is strictly prohibited. Your respite worker is responsible ONLY for your authorized consumer. If care is needed for other children, you must have another care provider on site during the time your respite worker is with your regional center consumer.

I have two regional center clients who both qualify for respite. Can one care provider watch them both at the same time?

The desire for this situation needs to be discussed in advance with your children's service coordinator(s). If this has not been pre-authorized by the regional center, this is not allowed.

My child's behavior challenges are too great for one person to manage. I am afraid to leave him with a care provider. What are my options?

Many parents choose to stay in the home while their respite provider is on site. During that time, parents can take a break or do chores while being able to support the provider, if a challenging situation arises.

For consumers with severe behavioral challenges, a two-provider approach may be warranted. Discuss this option with your service coordinator.

Can my consumer's grandparent provide respite for her grandchild in the grandparent's residence?

This is considered "Out of Home" respite and, as such, would fall under a different service code than in-home respite care. Discuss this situation with your service coordinator.

Does my child's respite provider under Vendor Code 465 (FMS Co-Employer respite) have to be CPR / First Aid certified?

Not unless the need for First Aid and CPR training is included as part of the description for respite care needs in your child's IPP or IFSP, the answer is yes.

Important reminder: As a vendored family member, you are responsible for ensuring that the individual you select has the skills, training and education necessary to provide respite care and is trained in any specialized supports necessary for your consumer.

Can my respite provider give my child his medication?

No. This is prohibited by regulation. If you feel your situation warrants a Director's Exception, contact your service coordinator.