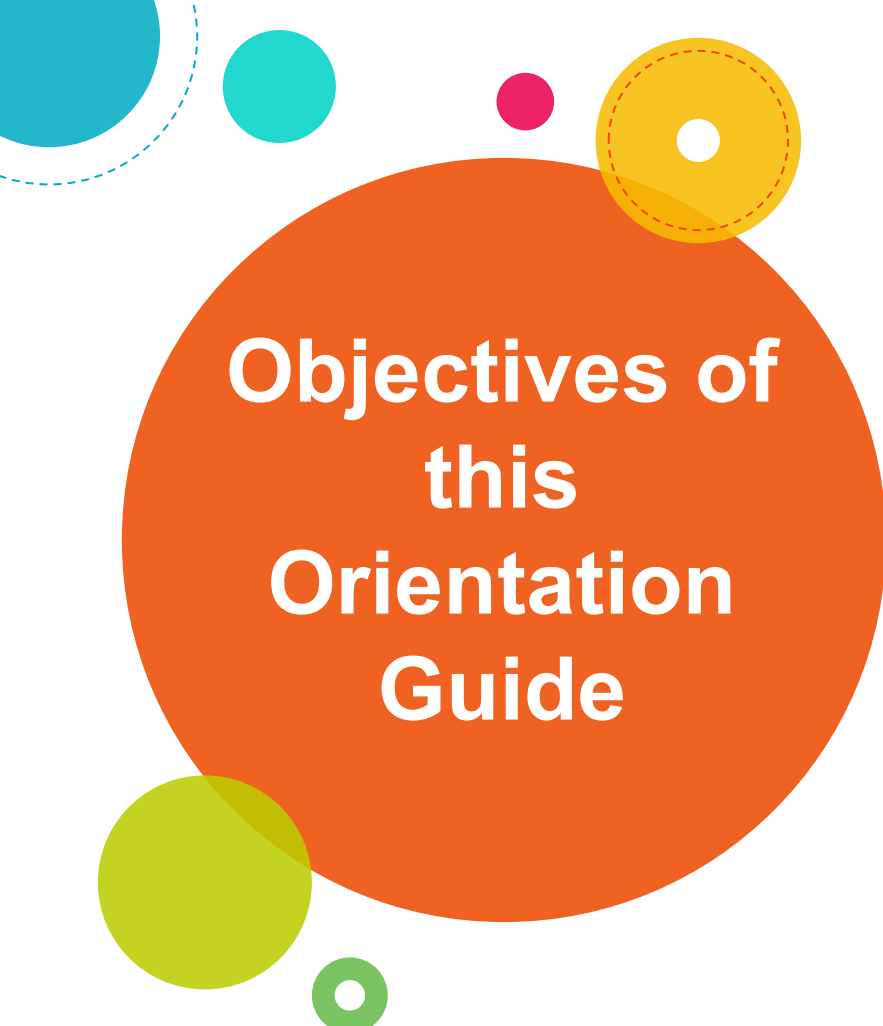




Let's Talk Respite



An Orientation to Respite Services for San Andreas Regional Center Families in Monterey County



Objectives of this Orientation Guide

- ◎ Respite 101
 - What is Respite?
 - Who Qualifies?
 - In-Home vs. Out-of-Home
- ◎ In-Home Respite
 - Options
 - Policies
 - Finding a Caregiver

What is RESPITE?

Respite is a support service designed to keep a consumer safe while offering time for parents/caregivers to have relief from the constantly demanding responsibility of providing care.

Respite is provided at *no cost* to qualifying San Andreas Regional Center families.

Special needs never take a break... but YOU can!

Who qualifies for RESPITE?

Parents/guardians who are responsible for 24-hour care of a regional center consumer (over age 3) *may be* eligible for respite services.



Your service coordinator will work with you to determine your eligibility.

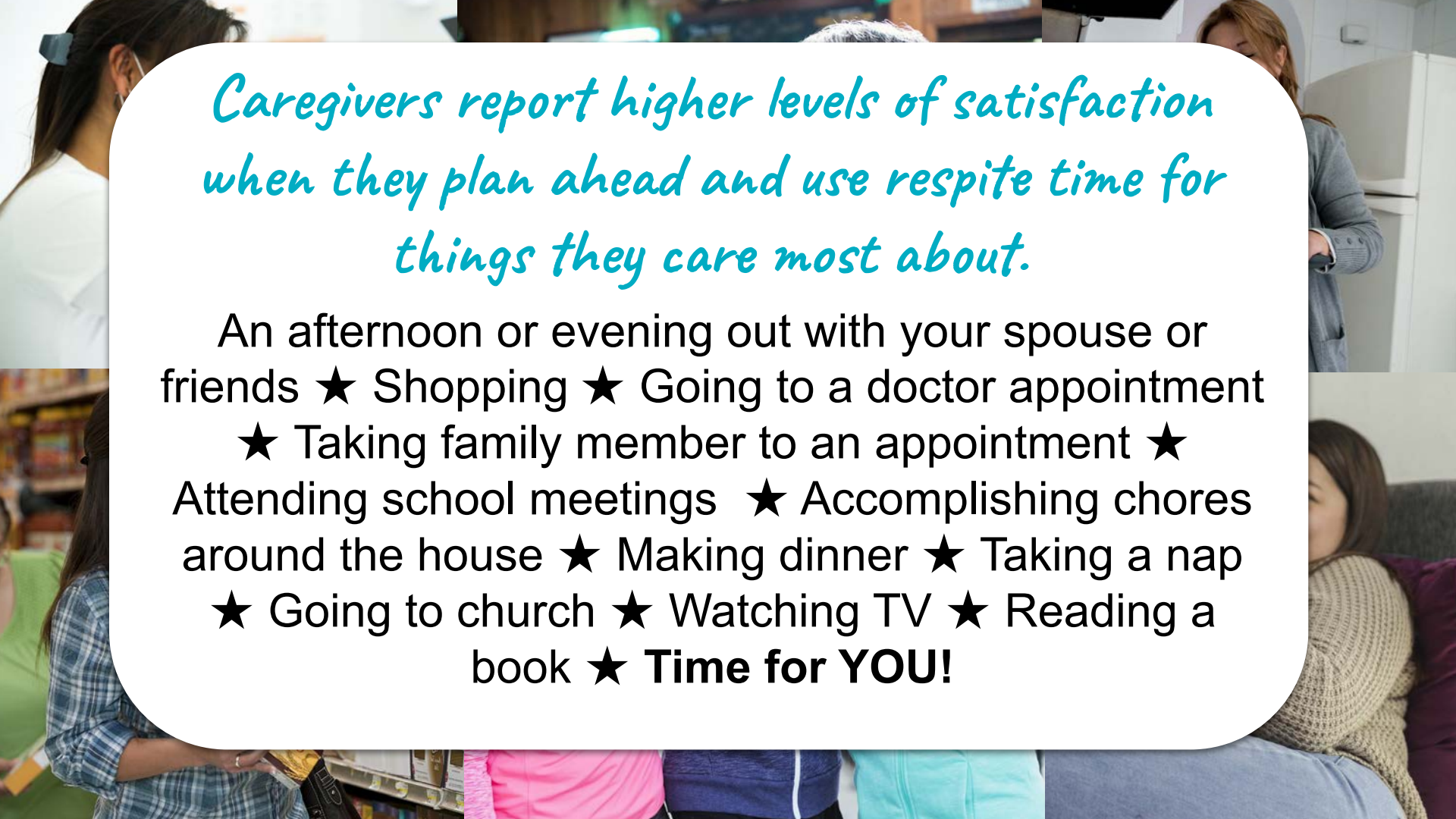
If you qualify for RESPITE, consider how you will use it.

*You cannot pour from
an empty cup.*

Self-care is important!



Respite contributes to the **well-being of the entire family** by reducing caregiver stress and energizing the caregiver when they are supporting their loved one.



Caregivers report higher levels of satisfaction when they plan ahead and use respite time for things they care most about.

An afternoon or evening out with your spouse or friends ★ Shopping ★ Going to a doctor appointment ★ Taking family member to an appointment ★ Attending school meetings ★ Accomplishing chores around the house ★ Making dinner ★ Taking a nap ★ Going to church ★ Watching TV ★ Reading a book ★ **Time for YOU!**

You can choose to have Respite provided **In-Home or Out-of-Home**

In-Home Respite Care may be provided by a trusted adult who is selected by the parents **or** by someone obtained through a professional respite agency. In each case, care providers must meet specific criteria.

Out-of-Home Respite Care may be available in an outside, licensed facility or a regional center-approved program. *A consumer's family is responsible for transportation and any program costs incurred outside of 1:1 personal care.* Your Service Coordinator can assist you in understanding your options.

The type of respite you choose does *not* affect the number of respite hours you are authorized to receive.

In-Home Respite is the most often utilized type of respite care.

With **In-Home Respite**, a designated respite caregiver provides **supervision to protect the safety** of a consumer **in the consumer's home**.*

Caregivers attend to a consumer's **basic self-help needs and other activities** that would normally be performed by the parent/guardian.

Care may be **regularly-scheduled** or **intermittent**.

Care must be **non-medical**.

* Respite may be provided in the home of a **relative** *if* the relative has been approved as a caregiver. Talk to your service coordinator about this possibility.

For In-Home Respite, you can choose your family's caregiver OR one can be selected for you.

Option 1 ~ "AGENCY RESPITE"

A Respite Agency can assign a qualified caregiver who has passed a background check and is First Aid trained and CPR certified.

Option 2 ~ "FMS RESPITE"

A Parent/Guardian can assign a responsible adult to be a caregiver. The assigned adult cannot be a parent/guardian of the consumer but may be another relative (such as a sibling, grandparent, aunt/uncle), a friend, or a school/therapy aide.

This individual must complete an employment application with an FMS (Financial Management Services) agency and be:

- 18 years of age or older
- Eligible to work in the U.S.
- Able to pass a background check.
- Agreeable to providing respite *in the consumer's home.**

*Under Option 2 *only*, respite may be provided in the home of a **relative** *if* the relative has been approved as a caregiver. Talk to your service coordinator about this possibility.

Respite Service Overview

IN-HOME OPTIONS

Agency Respite

Service Code 862*

A respite agency works with you to find a caregiver that can come to your home. The caregivers are employees of the respite agency.

The agency makes sure the caregiver has had a background check and is trained in CPR/First Aid.

“FMS Respite”

Service Code 465*

Parents take an active role in choosing their own caregiver(s).

Each chosen caregiver completes an employment application, which includes a background check, with a *Financial Management Services (FMS)* agency.

OUT-OF-HOME

Out-of-Home Respite

Service Code 868*

Out-of-Home Respite services can take place outside of a family’s home at a location that has been approved by the regional center for Out-of-Home Respite.

Families are responsible for transporting their consumer to/from the respite location. Families may also be responsible for the cost of activities outside of 1:1 care.

REMEMBER:

The Respite type you choose does *not* affect the number of respite hours you are authorized to receive.

Your Service Coordinator needs to be informed of the respite type you wish to pursue, *in advance* of your utilizing the service.

*To avoid confusion with descriptive terms, respite options are often referred to by their “Service Code” numbers.

Is “Agency Respite” right for you?

A respite agency works with you to find a provider that can come to your home. A family schedules respite care hours with the agency, not directly with the caregiver.

PROS

- Families do not have to find their own respite caregiver.
- Agencies will screen and pre-qualify your caregiver and ensure they are First-Aid trained and CPR certified.
- Agencies *may* already have an eligible, experienced caregiver available to meet your families’ needs.

CONS

- Caregiver consistency is not guaranteed.
- Agencies do not always have caregivers readily available to meet your needs. An agency may need time to recruit and train a caregiver for you.
- An agency may require that a family utilize a minimum number of respite hours per caregiving session.

Is “FMS Respite” right for you?

Parents take an active role in choosing their caregiver(s), working with a *Financial Management Service (FMS)* agency. A family schedules respite care hours directly with the caregiver, *not* an agency.

PROS

- Families can select their own caregiver who may already know the family and/or be familiar with the consumer’s needs.
- A family may designate more than one caregiver to allow for schedule flexibility.
- Families work directly with the caregiver(s) to manage schedules.

CONS

- Parents/guardians must complete additional paperwork.
- Families are responsible for making sure their caregivers complete an employment application with the FMS agency.
- If a designated caregiver is no longer able to provide caregiving support, the family is responsible for finding a new caregiver who must complete an employment application process with an FMS agency.
- FMS respite isn’t an option for parents/guardians who do not have A Taxpayer Identification Number (TIN) or A Social Security Number (SSN)*

*For parents/guardians without a TIN or SSN can take an active role in choosing their caregiver(s) under “EOR Respite.” Your service coordinator can explain about this option.

In-Home Respite Policies

The following policies apply to *both* types of in-home respite

- 1. Based on an assessment of your consumer's need, your Service Coordinator will determine the number of respite hours you are authorized to receive.**

If you need more hours, speak to your Service Coordinator, indicating the reason(s) for your request.

- 2. Respite hours are authorized on a period (ex: monthly, quarterly) basis.**

Respite hours are to be used in the period for which they are authorized. Unused respite hours cannot be recovered.

In-Home Respite Policies *continued*

3. **Respite Caregivers are paid directly by an agency.**
They should not receive pay from the family.
4. **The Respite Caregiver...**
 - a. **CANNOT make medical decisions or dispense medication.**
 - b. **CANNOT provide respite care *outside* of the home.***
A Respite Caregiver cannot run errands for the family, pick-up, drop-off, or transport a consumer. A Respite Caregiver cannot provide care in a community setting. *Respite care must be provided **inside the home**.*

* Note: In most cases, this refers to the consumer's own home. An exception exists when a relative is an approved respite caregiver and their home has been designated, under FMS respite, as a respite care location.

In-Home Respite Policies *continued*

- 6. Respite caregivers are responsible ONLY for the supervision and care of *your* regional center consumer.**

A respite caregiver CANNOT be asked to watch/supervise other children while they are providing respite care on behalf of your consumer. If other children are present, they must be under the care of another responsible individual.

- 7. If you are the parent/guardian of two or more regional center consumers, you may be eligible for respite support for *each* consumer.**

- 8. Requests for modifications to respite policies must be discussed with your Service Coordinator.**

Most requests will require a Director's Exception.

Finding a Caregiver

For some families, finding a caregiver is the biggest hurdle to using respite.

Here are some tips on finding a good match.

1. Identify a family member, friend, neighbor, teacher/therapy aide who knows your child and/or family.
2. Use online babysitter/caregiver directories.
Examples:

[care.com](https://www.care.com)

[sittercity.com](https://www.sittercity.com)

[urbansitter.com](https://www.urbansitter.com)



Finding a Caregiver

- Contact agencies and discuss your needs. While an agency cannot guarantee a worker, they can explain their approach in finding a worker for you.

IMPORTANT: An agency cannot work on your behalf until your service coordinator has authorized their support.

- NETWORK with families!

San Andreas Regional Center Respite Agencies Serving Monterey County Centro Regional de San Andreas agencias de respiro Dando servicio en el condado de Monterey	AGENCY RESPITE RESPIRO DE AGENCIA (Código de servicio 80)	FMS RESPITE RESPIRO FMS (Código de servicio 81)	OUT OF HOME RESPIRO FUERA DEL HOGAR (Código de servicio 82 o 83)
scribbles & giggles 1361 Buena La. Salinas, CA			
24hour home care 24 HOUR HOME CARE 4675 Stevens Creek Blvd. #121 Santa Clara, CA 95051 TEL: (800) 342-1382 Email: S&G@24hourcare.com WEB: www.24hourcare.com			
aveanna healthcare AVEANNA HEALTHCARE (Homecare/Respite Services) 216 S. Bascom Ave San Jose, CA 95128 TEL: (888) 288-6170 EMAIL: sanjose@aveanna.com WEB: aveanna.com			
BALANCE BALANCEKIDS 4802 Sycamore Drive Saratoga, CA 95071 TEL: (831) 464-6678 EMAIL: balance@balancekids.com WEB: www.balancekids.com			
CENTRAL COAST KIDS 1245 10th Street Monterey, CA 93940 TEL: (831) 648-4543 EMAIL: helen@cckids.com WEB: www.cckidsfamily.com			
easterseals Central California EASTERSEALS CENTRAL CALIFORNIA 9015 Sycamore Drive, Suite 1 Aptos, CA 95023 TEL: (831) 684-2166 or (831) 566-2866 EMAIL: helen@e-sc.org WEB: www.easterseals.com/california	X		X
George Mark Children's House 2121 George Mark Lane San Luis Obispo, CA 94978 TEL: (810) 346-6824 EMAIL: info@georgemark.org WEB: www.georgemark.org			X
maxim healthcare services MAXIM RESPITE SERVICES 702 Cora Street, Suite 122 Monterey, CA 93904 TEL: (831) 641-9565 EMAIL: montereyrespite@maxhealth.com WEB: www.maximhealth.com	X	X	
MHTE MONTEREY BAY HORSEMANSHIP AND THERAPEUTIC CENTER 783 San Andreas Road La Selva Beach, CA 95076 TEL: (831) 761-1142 EMAIL: info@mhte.org WEB: www.mhte.org			X

Ask your regional center service coordinator for a complete list of respite agencies.