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## **Refueling with Respite Care**

Caregiving can be very stressful. Sometimes it seems as though caregivers forget to take some time to care for themselves.

Remember though, the vehicle can't perform if it runs out of fuel.

Taking time for you is a way for caregivers to refuel. Respite care is one way to get the time to refuel.

Respite Care is planned or emergency care provided to an individual with special needs in order to provide temporary relief to caregivers.

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Respite is one of the most often requested services by family caregivers. There are over 6 million people in the United States with a disability or chronic illness that can increase family stress. Respite helps reduce stress, supports stability, and prevents situations that can lead to abuse and neglect. With respite care, families report they function better and are more satisfied with life.

Respite services can be beneficial, meaningful, and enjoyable to both the caregiver and the care recipient. It's important to plan ahead if possible to access intermittent breaks from caregiving. At other times, you may need respite in emergencies to deal with a personal health crisis, housing loss, or other immediate situation that might put the care recipient in harm's way. Emergency or crisis respite may be more difficult to find, so familiarizing yourself with providers who might offer emergency respite, or even registering in advance with such providers, is important. Both emergency and planned respites are critical resources for caregivers who are caring for an individual with special needs at any age across the lifespan.

Types of respite include **informal** and **formal**. Informal respite may be a friend who knows the care recipient well that comes over to the home so that the caregiver can go to the doctor, or run errands. Formal respite usually occurs out of the home at a licensed facility.

Many facilities accept Home and Community Waiver-based payment from Home Health Care Waiver, Level One Waiver, SELF Waiver, or

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Individual Options Waiver. Private pay is also accepted.

Under Waiver services, **Residential Respite** is defined as a service that provides a break to caregivers by providing temporary services at an intermediate care facility, a residential facility licensed by the Ohio Department of Developmental Disabilities, or an agency provider respite home. **Community Respite** is a temporary service provided at a recreation center, a camp, or other place where planned activity takes place. Sometimes for individuals with more involved medical needs respite care may be provided at a licensed nursing facility.

## **Respite Resources**

**If you have a Home and Community Based waiver, it is best to contact your Service and Support Administrator about Respite Provider Options.**

**Alzheimer's Association at [www.alz.org/help-support/caregiving/care-options](http://www.alz.org/help-support/caregiving/care-options)**

**Anne Grady Corp. at [www.annegrady.org](http://www.annegrady.org)**

**ARCH National Respite Network at [www.archnetwork.org](http://www.archnetwork.org)**

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