

FAMILY SUPPORTS

**RESPITE**

- ▶ 1. Overview of Respite
  - Philosophy
  - Service Definition
  - Description
  
- 2. Types of Respite
  - “In-Home” and “Out of Home”
  - Medical
  - Behavioral
  
- 3. Family Cost Participation Program & Annual Family Program Fee
  
- 4. COVID-19 Related Waivers

# AGENDA

- ▶ Families providing constant care and supervision to family members with specialized care needs benefit from intermittent relief.
- ▶ Whenever possible, families are encouraged to consider community programs which meet the need for respite and also provide additional experiences to consumers.
- ▶ The State and RCEB acknowledges that because of a consumer's specialized care needs, resources available in the community may be few or non-existent.

## PHILOSOPHY

- ▶ Respite is intermittent relief for families from the constant care and supervision of their family member with a developmental disability who resides in the family home.
- ▶ Respite.....
  - ▶ Is provided when the care needs of the consumer are greater than those of a non-disabled person of the same age.
  - ▶ Is designed to provide appropriate care and supervision, attending to basic self-care and maintain health and safety
  - ▶ Designed to assist in maintaining a consumer at home
  - ▶ Relieve family members from the constant, demanding responsibilities of caring for a consumer;

## SERVICE DEFINITION

- ▶ Respite may be provided through in-home or out-of-home agencies vendorized through Regional Center.

## ▶ In-Home Respite

- ▶ Provided within the family home
- ▶ Provided during the day time
- ▶ Does not include overnight supervision

SERVICE DESCRIPTION

## ▶ **Out-of-Home Respite:**

- ▶ Provided out of the home
- ▶ Up to 24 hours
- ▶ Setting must be vendored by RCEB.

SERVICE DESCRIPTION

- ▶ In Home Respite:

- ▶ Full Service
- ▶ Employer of Record (EOR)

- ▶ Out-of-Home Respite:

- ▶ Vended Residential Homes
- ▶ Camps

- ▶

# TYPES OF RESPITE

- ▶ Welfare and Institutions Code 4512(b)
- ▶ “Services and supports for persons with developmental disabilities” means specialized services and supports or special adaptations of generic services and supports .....The determination of which services and supports are necessary for each consumer shall be made through the individual program plan process

AUTHORITY



- ▶ RCEB may provide respite to families when the consumer's IPP identifies care and supervision needs that are beyond what would be required by parents of a non-disabled person of the same age. Such needs may include, but are not limited to:
  - ▶ ☐ Behavior challenges
  - ▶ ☐ Medical needs\*
  - ▶ ☐ Self-care needs
  - ▶ ☐ Unexpected event and / or emergency

## BOARD POLICY

- ▶ Through the Individual Family Service Plan (IFSP) or Individual Program Plan (IPP) process:
  - ▶ 1. Case Manager reviews the need with consumer/family
  - ▶ 2. Natural Supports and Generic Resources are evaluated
  - ▶ 3. If applicable, discuss process for assessing level of care
  - ▶ 4. Family Participation Costs are reviewed and documented
  - ▶ 5. Respite Tool is completed

PROCESS

## Respite Assessment Tool

Respite means temporary and intermittent care provided for short periods of time. For Long-term AC, respite is intermittent relief for families from the constant care and supervision of their family member with a developmental disability who resides in the family home and cannot be left unsupervised for short periods of time. Regional Centers may provide respite when medical, physical, or behavioral needs cannot be met by other family members or a regular care provider. Individuals who are medically fragile and/or have specialized health care needs must have a nursing assessment completed before services begin.

- In-Home Respite is designed to give the family members a few hours rest from the care of the person served and is provided in the home. Respite care is not the same as daily or routine child care or adult daycare.
- Out-of-Home Respite is designed to give the family a few hours or over overnight rest from the care of the person served and is provided outside of the family home in a licensed facility.

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\*\*\*Please note that completing this form is not an agreement to fund respite, this is simply an assessment of need\*\*\*

Revised January 2019

Parent/Legal Guardian Signature: \_\_\_\_\_

# RESPITE ASSESSMENT TOOLS

- ▶ For consumers with Specialized Medical Care needs:
  - ▶ A Level of Care assessment by RCEB Nurse is required
  - ▶ Respite shall be provided by an individual possessing the appropriate level of skill for the consumer's medical needs, according to California law.

BOARD POLICY (MEDICAL NEEDS)

- ▶ **Exceptions to Policy may be requested:**
  - ▶ When the assessed need for in-home respite exceeds 40 hours a month or 120 hours per calendar quarter
  - ▶ When the assessed need for out-of-home respite exceeds 21 days within a 12 month period (a year)
  - ▶ The Case Manager representing the Planning Team may send a request for an exception to the Director /Director's designee and exception may be granted if it is demonstrated that the intensity of the individual's care and supervision needs are such that additional respite is necessary to provide relief for the family

## EXCEPTIONS

- ▶ **For In-Home Respite Workers: Waiver of First Aid & CPR**
  - “To increase available workforce and support consumers and families at home, the Department waives Title 17 section 56792(e)(3)(A) requirements for in-home respite workers to possess first aid and cardiopulmonary resuscitation training prior to employment when the consumer receiving services does not have chronic or presenting health concerns

WAIVERS RELATED TO COVID-19 & SHELTER-IN-PLACE

**Family Cost Participation Program  
Annual Family Program Fee**

**Any requirements related to the Family Cost Participation Program (FCPP) and the Annual Family Program Fee (AFPF)**

**WAIVERS RELATED TO COVID-19 & SHELTER-IN-PLACE**

- ▶ [www.rceb.org](http://www.rceb.org)
- ▶ Respite Policy    [https://www.rceb.org/sites/main/files/file-attachments/2018\\_respites\\_policy.final\\_.approved\\_2.26.18.pdf](https://www.rceb.org/sites/main/files/file-attachments/2018_respites_policy.final_.approved_2.26.18.pdf)
- ▶ [https://www.rceb.org/sites/main/files/file-attachments/2018\\_respites\\_policy.final\\_.approved\\_2.26.18.pdf](https://www.rceb.org/sites/main/files/file-attachments/2018_respites_policy.final_.approved_2.26.18.pdf)

## RESPITE POLICY AND ASSESSMENT TOOLS



QUESTIONS?

