



Respite Services

What Is Respite?

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 may be provided when the care needs of the consumer are greater than those of a non-disabled person of the same age. Respite is designed to provide appropriate care and supervision, attending to basic self-care and maintain health and safety and designed to assist in maintaining a consumer at home.

Types of Respite Services

1. In-Home Respite

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

In-Home Respite Options:

- A. Full Service—Respite Agency finds and trains the worker for you
- B. Employer of Record (EOR) – parent/family finds and trains a worker who is referred to an agency for payroll purposes.

2. Out-of-Home Respite

- Provided out of the home at a vendored site
- Up to 24 hours.

Out-of-Home Respite Options:

- A. Vendored Residential Homes
- B. Vendored Camps

3. Respite for Individuals 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.

4. **Respite for individuals with challenging behaviors:** (Emerging service option with currently only one vendor)

How Do I Access Respite Services?

Through the Individual Program Plan (IPP) process:

1. Review respite with your case manager and decide what kind of respite you need.
2. Case manager might request information related to natural supports, generic series including In Home Support Services.
3. Income related to Family Cost Participation Program are reviewed and documented in the Individual Program Plan (IPP)
4. If applicable, your case manager will discuss the process for assessing level of care and consultation with RCEB RN or behavior consultant.
5. Respite Tool is completed.
6. Your case manager can provide you with potential current vendors for respite services and discuss timelines and process.