

Respite



Options for People with
Developmental Disabilities
and their Caregivers



300 S. Adams, Green Bay, WI 54301
920-448-4300
www.adrcofbrowncounty.org

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What is respite?

Respite is short-term, temporary relief for those who are caring for a family member. It includes a wide variety of services that give caregivers the opportunity to take a much-needed break from their caregiving duties in order to take care of themselves.

Why do I need respite?

Taking care of a loved one can be a rewarding job, but it's also stressful and it doesn't offer regular breaks or vacations. Respite provides care for your loved one so you can get away for the weekend, spend time with other family members, or just have a few hours to yourself. Respite helps relieve stress, reduces feelings of isolation, and improves family relationships. Everyone needs—and deserves—a break sometime!

What kinds of respite options are available?

There are different kinds of respite care to fit different respite needs. Maybe you need a couple hours off during the day, you're looking for after school care, or you're planning a week-long vacation. Your options vary from bringing someone into your home to provide care, to registering your loved one for a day program, to having your loved one stay at a residential facility for several days. In this handout, respite options are divided into three categories: **Day Programs, In-Home Care, and Short Term Respite Stays.**

How can I find out more?

The Aging and Disability Resource Center (ADRC) Information and Assistance staff is available to assist you as you explore your respite options. Feel free to contact them at the ADRC Monday through Friday, 8:00am to 4:30pm at 920-448-4300.

DAY PROGRAMS

Day programs are an opportunity for your loved one to socialize, learn new skills and get out into the community while you get a break from caregiving responsibilities.

Day programs can be used for respite, even if they aren't specifically called respite programs. These are not primarily work-related programs. Their focus is on providing supervision, assistance with personal cares, and structured activities including recreation, life skill development, and community outings.

There are several day programs available in the community. The Aging & Disability Resource Center has a listing, ***Day Programs for People with Special Needs***, available. Call the ADRC Monday through Friday, 8:00am to 4:30pm and ask to speak with an Information and Assistance Specialist about the listing.

IN-HOME CARE

In-home respite care involves hiring someone to come into your home to provide care for your loved one. In-home respite offers the flexibility and convenience of hourly, daily, or weekly services. Respite workers can be hired through a home care agency, independently, or through a worker referral program.

>Home Care Agencies

A home care agency can provide respite workers for medical or non-medical care in your home. Respite services are available on a private pay basis at an hourly rate. Rates for in-home respite care vary based on the level of care needed.

If your loved one receives Medical Assistance (MA, Medicaid), some in-home personal care services (i.e., bathing and grooming) may be covered by MA. While these services are not generally thought of as "respite," you may be able to use the time when a personal care worker is providing care to your loved one as an opportunity to get out of the house and take some time for yourself.

For more information about home care agencies, the Aging & Disability Resource Center offers a regularly updated listing of local home care agencies with information about hours, rates, and types of service on their website: adrcofbrowncounty.org. Call 920-448-4300 for more information.

>Independent Home Care Workers

Instead of using a home care agency, you may choose to hire an independent home care worker. These workers can be found by word of mouth, through church, or by placing an ad in the newspaper. If you decide to hire an independent worker from one of these sources, use caution!

In order to assure the safety of you and your family, check employment references and run a criminal background check on any worker you are thinking of hiring. The In-Home Worker Referral Specialist of the Aging & Disability Resource Center has information on how to proceed with a criminal background check. Contact the Aging & Disability Resource Center Monday through Friday, 8:00am to 4:30pm at 920-448-4300 to speak with the In-Home Worker Referral Specialist.

You may also use the internet to do a criminal background check. If you do not have internet access, you can use a computer at any Brown County Library at no charge. Here are some helpful websites you can use:

<http://wcca.wicourts.gov/index.xsl> - Background checks for crimes committed in the State of Wisconsin

<http://www.doj.state.wi.us/dles/cib/sclist.asp> - Department of Justice information for obtaining background checks from other states

<http://www.dhs.wisconsin.gov/caregiver/misconduct.HTM> - State of Wisconsin Caregiver Misconduct Registry

<http://offender.doc.state.wi.us/public/home.jsp> - State of Wisconsin Sex Offender Registry

This information is not intended to scare you, but to help you complete a thorough background check as possible before hiring someone. Consider using the **ADRC In-Home Worker Referral Program** as a more reliable option for hiring an independent home care worker.

>ADRC In-Home Worker Referral Program

Are you interested in hiring an independent home care worker, but aren't sure where to begin? The ADRC offers a reliable referral service for adults with disabilities (age 18 and older) who want to hire an independent home care worker.

An ADRC Information and Assistance Specialist will talk with you about your care needs. Then you will be provided with names of in-home workers that match your needs. The ADRC conducts criminal background and work reference checks on all the workers registered in the In-Home Worker Referral Program. The workers are NOT employed by the ADRC. Once you are given names of workers, it is up to you to conduct interviews and hire the worker that you think best meets your needs.

A brochure explaining the ADRC In-Home Worker Referral Program in more detail is available at the ADRC Monday through Friday, 8:00am to 4:30pm or by calling 920-448-4300.

>ASPIRO Respite Care

A supportive service designed to give temporary care to children and adults with developmental disabilities. Eligibility is determined through a functional screen and families must reside in Brown County. Providers are carefully screened and trained by the Respite Care Program staff. An hourly rate is charged.

For more information about the Respite Program, call ASPIRO at 920-593-4308. For information about funding, contact the Aging & Disability Resource Center at 920-448-4300.

SHORT TERM RESPITE STAYS

There are lots of reasons why you may need short term respite care outside of your own home. Some caregivers use short term respite stays so they can go on vacation or a business trip, attend to their own health needs, or just take a few days off of caregiving.

Many residential facilities provide short term respite for people with developmental disabilities. These facilities allow a person in need of care to be admitted for a short time, giving caregivers a break from daily caregiving duties. There are three types of facilities that provide respite stays for people with developmental disabilities: **Adult Family Homes, Community Based Residential Facilities (CBRFs)**, and **Nursing Homes**.

>Adult Family Home

An Adult Family Home (AFH) is a private residence or facility that provides supportive living and assistance for up to four unrelated adults. Meals, supervision, personal care, laundry, housekeeping, and health monitoring are available. An Adult Family Home that provides care for one or two residents must be certified by the County Human Services Department. Homes with three or four residents must be licensed by either the state or county.

Cost: Rates are based on the level of assistance or care the resident needs. The County assists in setting the rate for County funded clients through the COP/CIP program.

Funding: Eligibility for funding through the COP/CIP program is determined through an assessment process and normally there is a waiting list.

Availability: Some AFHs have space dedicated to respite care. Others will provide respite if they have space available. Call the ADRC at 920-448-4300 for more information.

>Community Based Residential Facility (CBRF)

A CBRF is a state licensed home for five or more unrelated adults who need daily living assistance. CBRFs are required to provide assistance with bathing, dressing, health and medication monitoring, in-house activities, meals, housekeeping, and information and referral. They have 24 hour awake staff and some facilities in Brown County offer professional nursing staff though it's not required. A resident may receive up to 3 hours a week of nursing care. Residents may receive as much non-skilled assistance a week as they need and the facility can provide.

Cost: In Brown County the cost will range among facilities. Some facilities will pro-rate their fees on a daily or weekly basis.

Funding: Private funds or COP/CIP funds are accepted but most times these programs have waiting lists.

Availability: Some CBRFs have space dedicated to respite care. Others will provide respite if they have space available. The ADRC offers a regularly updated listing of CBRFs with information about types of service on their website: www.adrcofbrowncounty.org. For more information, contact an ADRC Information and Assistance Specialist at 920-448-4300.

>Nursing Home

A nursing home is a state licensed facility that provides around the clock care and services for people who need more than 7 hours a week of nursing or personal care due to their physical or mental condition.

Cost: Rates will vary based on the type of room requested.

Funding: Funding sources accepted by nursing homes vary, including private funds, Medicaid, Medicare & private insurance. Call any nursing home you are considering for current funding and rate information.

Availability: Availability varies. The ADRC offers a regularly updated listing of nursing homes on their website: www.adrcofbrowncounty.org. For further information call 920-448-4300.

>Respite Camps

A creative way to find a respite stay for your loved one is to look into respite camps. Several week-long and weekend camps are available to people with developmental disabilities. While most camps are offered during the summer months, some offer year-round respite opportunities. These camps provide a fun experience for your loved one while you get a break from caregiving. For more information, see the ADRC handout ***Wisconsin Summer Camps for Youth and Adults with Disabilities.***

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For additional information, please contact the ADRC at (920)448-4300.



February 2012