



# Respite

*Options for People with Special Needs  
and their Caregivers*



## **ADRC of Brown County**

920-448-4300  
300 S. Adams Street  
Green Bay, WI 54301



[www.adrcofbrowncounty.com](http://www.adrcofbrowncounty.com)  
[facebook.com/adrcbrowncountywi](https://facebook.com/adrcbrowncountywi)

*Serving older adults, adults  
with disabilities, and their  
caregivers in Brown County.*

Call **920-448-4300**

Monday - Friday

8:00 a.m.—4:30 p.m.

300 S. Adams Street, Green Bay, WI

*Appointments are available before or after hours  
by prior arrangement.*

Visit the transition page on our website at: [www.adrcofbrowncounty.org](http://www.adrcofbrowncounty.org).

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## TABLE OF CONTENTS

|   |   |
|---|---|
| 4 | <b>What is Respite?</b>                             |
| 4 | <b>Why do I need Respite?</b>                       |
| 4 | <b>What kinds of respite options are available?</b> |
| 4 | <b>How can I find out more?</b>                     |
| 5 | <b>Adult Day Programs</b>                           |
| 5 | <b>In-Home Care</b>                                 |
| 5 | Home Care Agencies                                  |
| 6 | Independent Home Care Workers                       |
| 7 | ASPIRO Respite Care                                 |
| 7 | ADRC In-Home Worker Referral Program                |
| 8 | <b>Short Term Respite Stays</b>                     |
| 8 | Adult Family Home                                   |
| 9 | Community Based Residential Facility (CBRF)         |
| 9 | Nursing Home  |

# Respite

## 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 Specialists are 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.

## *Respite Options*

### **Adult Day Programs**

Adult day programs provide a safe, supervised setting outside the home during the day. Their focus is on providing supervision, assistance with personal cares, and structured activities including recreation, life skill development, and community outings. They also afford the caregiver respite from the demands of caregiving.

There are several adult 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*

### **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 Medicaid, some in-home personal care services (i.e., bathing and grooming) may be covered. 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 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](http://adrcofbrowncounty.org). Call 920-448-4300 for more information.

## *In-Home Care, Continued*

### **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 that have been tried in the State of Wisconsin Circuit Court system

<https://www.doj.state.wi.us/dles/cib/background-check-criminal-history-information> - 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

## *Respite, Continued*

### **APIRO 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.

### **ADRC In-Home Worker Referral Program**

If you do not feel comfortable hiring an independent home care worker on your own, the Aging & Disability Resource Center offers a reliable referral service for adults with disabilities (age 18 and older) who want to hire an independent home care worker. This referral service is called the **In-Home Worker Referral Program**.

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 In-Home Worker Referral Specialist 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 Aging & Disability Resource Center. 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 In-Home Worker Referral Program in more detail is available at the Aging & Disability Resource Center Monday through Friday, 8:00am to 4:30pm or by calling 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:** Self-pay or 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.

## Short Term Respite Stays, Continued

### 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:** Self-pay, some private insurances, 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](http://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 self-pay, 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](http://www.adrcofbrowncounty.org). For further information call 920-448-4300.



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*“Building a community that values, empowers and supports seniors, adults with disabilities , and their caregivers.”*

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