

RESPITE SERVICES

Definition: Respite is intermittent or regularly scheduled temporary care and supervision designed to:

1. Assist family members in maintaining the client at home.
2. Provide appropriate care and supervision to protect the client's safety in the absence of family members.
3. Relieve family members from the consistently demanding responsibility of caring for a client.
4. Attend to the client's basic self-help needs and other necessities of daily living, including interaction, socialization, and continuation of usual daily routines, which would ordinarily be performed by a family member.

In-Home respite services are delivered in the client's natural environment and provided through a respite agency or an employer of record agency (which handles payroll and related paperwork).

Out-of-Home respite is provided in a licensed residential care facility vendored with Far Northern Regional Center or provided in a vendored camp in lieu of a licensed residential care facility.

Guidelines: FNRC may purchase respite services under the following conditions:

1. The care and supervision needs of the client exceed that of a person without developmental disabilities of the same age.
2. The client resides with a family member, guardian, or conservator.
3. FNRC funds will not be used to purchase respite services for a minor child without taking into account the family's responsibility for providing similar services to a minor child without disabilities.
4. Respite services must reflect a cost effective use of public funds. To determine cost effectiveness, the total cost of respite and transportation must be included.
5. Respite alternatives such as day programs, public schools, and In-Home Supportive Services (IHSS) have been pursued and utilized to the extent possible.
 - a. ~~FNRC will only consider In Home Supportive Services (IHSS) as a generic resource for respite when the approved services meet~~

~~the respite need as identified in the client's Individual Program Plan (IPP) or Individualized Family Service Plan (IFSP).~~

6. The Interdisciplinary (ID) Team has considered the cost-effectiveness of the various respite options.
7. The ID team agrees that the provision of respite services will assist the family in maintaining the client at home.
8. Individuals with medical conditions requiring specialized care must receive care from an appropriately licensed medical professional.
 - a. The level of care provided to an individual client with a medical condition should be prescribed by the attending physician or determined through a nursing assessment.
9. The Individual Program Plan (IPP) will specify the amount and type of respite (in-home, out-of-home, or a combination of both) to be provided, with actual utilization to be determined by the family, conservator, or guardian.
10. All of the previous guidelines apply to any parent who is also a regional center client.

Amount Purchased: In-Home respite - 90 hours per quarter is the initial authorized amount. The family may request additional In-Home respite by contacting their service coordinator as long as the total support hours and sleep time (IHSS, school/day program, day care, respite, etc.) does not exceed 744 hours in a month.

Out-of-Home respite – 21 days per fiscal year is the initial authorized amount. The family may request additional Out-of-Home respite by contacting their service coordinator, not to exceed 21 consecutive days, or 21 days in one calendar month to comply with Social Security Administration regulations.

Approval Authority: Case Management Supervisor – Up to 90 hours per quarter and up to 21 days Out-of-Home respite consecutively or in one calendar month.

Associate Director of Client Services – Any request over 90 hours per quarter of In-Home respite or any request over 21 days.