



Fast Facts

Respite

Respite Care– Definition– collinsdictionary.com

Respite care is short-term care that is provided for children with disabilities, very old or very sick people so that the person who usually cares for them can have a break.

Types of Respite Care– healthdirect.com

In-home respite

In-home respite means the person who provides the respite care comes to the home where you care for the person who needs it. This type of respite care can happen during the day or overnight.

Center-based day respite

Center-based day respite usually takes place at a day center or club. It offers activities and outings for the person, and gives them the opportunity to socialize with other people in a safe environment. Day respite often runs from 10am to 3pm, and may include transporting the person you care for to and from the center.

Overnight or weekend respite

This type of respite may be provided in a variety of settings such as the home of a host family, or in a respite 'cottage-style' house.

Community access respite

Community access respite offers individual or group activities and outings designed to give the person a social experience. It helps them to develop, maintain or support independent living. It may be provided during the day or overnight.

Residential respite care

If the person you care for needs help every day, then you may consider residential respite care. This involves a short stay in an aged care home while you have a break for a few days or longer. Residential respite care can be planned or can happen in an emergency. Organizing this type of respite care is a bit different to organizing other types.

Emergency respite care

You may need emergency respite if you suddenly can't continue in your caring role for a little while. For example, you may be unwell or need to go to hospital.

Transition care

Transition care is for people who have been in hospital and are ready to be discharged, but who still need more help than usual. Transition care provides short-term care that is focused on particular therapies such as physiotherapy (exercises, mobility, strength and balance), occupational therapy (help to recover or maintain your physical ability), speech therapy, using the services of a dietitian (nutrition assessment, food and nutrition advice, dietary changes) and podiatry (foot care), as well as counselling and social work.

Resources

Colorado Respite Coalition– www.coloradorespitecoalition.org 303-233-1666

The Colorado Respite Coalition (CRC) is an allied network of families and community partners working to strengthen and support family caregivers of individuals with special health care needs. The CRC strives to expand respite services in Colorado for all ages, across the disability spectrum.

Community Center Boards– www.colorado.gov/pacific/hcpf/community-centered-boards

Case Management Services assist a person in accessing necessary services and supports to meet his or her needs. Services include intake, eligibility determination, service plan development, arrangement for services, delivery of services, service and support coordination, monitoring, any safeguards necessary to prevent conflict of interest between case management and direct service provision, and termination and discharge from services .

Choosing a provider– coladorespitecoalition.org

Hiring a Respite Agency

Respite agencies may be for- or non-profit organizations that provide a range of respite services. Most agencies have general training and conduct requirements for all staff.

Questions to Ask an Agency

- (1) How are the workers selected and trained?
- (2) Are background checks performed?
- (3) What tasks can be performed by the respite worker?
Do these align with the needs of the prospective client?
- (4) Will the respite provider engage in or offer activities or companion services requested by the person in care?
- (5) What hours and days are services available?
- (6) If the provider will be driving the individual receiving care, do they have a valid driver's license?
- (7) What is the eligibility process?
- (8) What are the fees and how are they paid? What funding sources are accepted?
- (9) How are emergencies and problems handled?
- (10) Are references available?

Hiring an Independent Provider

Independent providers give a range of respite care services on their own accord, without being attached to a wider agency. Training and experience levels are dependent entirely on the individual provider.

Steps To follow when hiring an independent provider

- (1) Conduct a telephone screening
- (2) Follow up with an in-person interview
- (3) Ask for references and documentation of training or credentials
- (4) Assess whether the provider is trained and capable of administering medications, assisting with medical tasks, or daily living needs, if necessary. Are they experienced and comfortable in handling the unique needs of the individual receiving care?
- (5) Determine if they are willing to engage in or offer activities or companion services requested by the person receiving care
- (6) If the provider will be driving the individual receiving care, do they have a valid driver's license and necessary auto liability?
- (7) Check references and conduct a criminal background check, or make sure that one was performed recently
- (8) Evaluate costs and financing, including rate of pay and how payment will be administered
- (9) Complete a contract that provides specific details of care plan and service provision

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