



RESPITE CARE POLICY

DEFINITION:

“Respite” means intermittent relief or rest from the additional demands that may be placed on a family caring for a son or daughter with a disability. It is provided in the client’s own home or in a licensed setting for caregivers whose children or adult children are residing with them. Respite service includes non-medical care and supervision of the client which is intended to be periodic, as opposed to continuous; it is time-limited and not expected to meet a family’s total need for relief from the on-going care of a disabled family member.

PHILOSOPHY:

All families, at times, experience the need for respite. Parents of children with developmental disabilities are expected to provide the same level of care as they would for a child without disabilities and in some cases they may be able to rely on the assistance of family members, friends and paid sitters. Nonetheless, when a child has special needs, parent often face challenges beyond those they might encounter with a typically developing child. Harbor Regional Center believes that an occasional relief from caregiving can contribute in a meaningful way to a family’s ability to maintain the support needed to care for their family member in the family home.

POLICY:

Harbor Regional Center may purchase respite care for families under the following circumstances:

1. The person with a developmental disability has behavior challenges or special medical needs or supervision needs that exceed those of people of the same age without developmental disabilities; and
2. There are few or no natural generic supports available to provide necessary supervision during times when family members are away; or
3. The family is experiencing a short-term crisis or emergency situation.

In the above circumstances, the purchase of respite care may be authorized in accordance with the following:

1. Respite is provided in the family home or a licensed setting; or
2. Respite can be used, all or in part, to purchase out of home respite options, such as camp or other social recreational opportunities identified in the person’s Individual Person-centered Plan (IPP); and
3. The amount of respite is provided pursuant to a needs assessment which takes into account the self-care, behavioral and medical needs of the client, as well as the support needs of the family; and
4. The respite is provided by an appropriate caregiver as follows:
 - a. For clients with complex medical needs, care is provided by a licensed nurse;
 - b. For clients without complex medical needs, care may be provided by an unlicensed caregiver who is employed by an authorized respite agency (NOTE: The family may identify a caregiver known to them who may be employed by the authorized respite agency, provided through Participant Directed Services or the Self-Determination Program).



For exceptional circumstances, the service coordinator will gather additional information to assess extraordinary needs by meeting with the family through the IFSP/IPP planning process. The process for requesting an exceptional amount of respite is described in a separate document: Respite Services: Assessment and Guidelines.

*NOTE: Respite is one of three specific regional center services that by law require an assessment for cost participation by the parents under the **Family Cost Participation Program (FCPP)**. FCPP will apply to families who meet the following criteria:*

- *The child is age 17 or younger; and*
- *The child lives in the parents' home; and*
- *The child is not eligible for Medi-Cal; and*
- *The family income is at or above 400% of the Federal Poverty Level Guidelines based upon family size.*

Approved by the HDDF Board of Trustees, January 18, 2022
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