



## 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 parents 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 or 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;
2. 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;
3. 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).

*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 HRC Board of Trustees March 19, 2019*