


Respite Care & Personal Assistance

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HARBOR
REGIONAL CENTER

Agenda

- Welcome and Introductions
 - Training Agreements
 - Respite
 - Personal Assistance
 - Questions
 - Survey
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Training Agreements

- We agree to be respectful of each other.
- We agree to end the session at the hours mark.
- We agree to ask our questions at the end of the training.
- We agree to only ask questions and share comments related to this training.
- We agree to respect privacy by not sharing any personal information.
- We agree to not ask a question that has already been asked and answered.



RESPIRE CARE SERVICES



Definition: Respite

- Respite means intermittent relief from the additional demands of caring for a family member with a disability.
- Services are provided in the individual's home or licensed setting for caregivers whose children or adult children reside with them.
- Respite is periodic and time-limited, not continuous. It's not expected to meet a family's total need for relief.



What Does the Law Say?

- **WIC Section 4646.4 (A)(4)**

"...consideration of the family's responsibility for providing similar services and supports for a minor child without disabilities."

- **WIC Section 4646.5 (A)(1)**

Regional centers are responsible for "Gathering information and conducting assessments to determine the life goals, capabilities, strengths, preferences, barriers, and concerns or problems of the person with developmental disabilities."

- **WIC Section 4648 (A)(1)**

states..."regional center funds shall not be used to supplant the budget of any agency which has a legal responsibility to serve all members of the general public and is receiving public funds for providing those services."



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.



RESPITE SERVICES

We believe providing occasional relief from caregiving is essential to support the well-being of both the individual and their caregiver in the family home.

If this service interests you, talk to your service coordinator about:

- Family needs
- Availability of natural supports such as family members and friends
- Other resources for relief, such as school services or In-Home Supportive Services

Natural Supports

Family Members and Friends

WIC Section 4646.4(b)(4)

“Consideration of the family's responsibility for providing similar services and supports for a minor child without disabilities in identifying the consumer's service and support needs as provided in the least restrictive and most appropriate setting. In this determination, regional centers shall take into account the consumer's need for extraordinary care, services, supports and supervision, and the need for timely access to this care.”



Generic Supports

Explore any generic funded services available to all eligible individuals, including:

- In-Home Supportive Services (IHSS)
- School Programs
- Community Programs
- Health Insurance Benefits – therapies

WIC Section 4659 (A)(1)

As the payer of last resort, "regional centers shall identify and pursue all possible sources of funding for consumers receiving regional center services."

Assessment of Needs: Some Considerations

1

Care Needs

The person has behavior challenges, medical needs, or supervision needs exceeding those of same-age peers without disabilities.

2

Availability of Supports

Few or no natural generic supports are available to provide supervision when family members are away.

3

Crisis or Emergency Situations

The family is experiencing a short-term crisis or emergency requiring immediate support.

Your Service Coordinator Will:

- Assess for services through the Individual Family Service Plan (IFSP) and Individual Program Plan (IPP) process.
- Gather information about:
 - The current care of the individual
 - Resources you are exploring/accessing
 - Employment/School Schedule

**HARBOR REGIONAL CENTER
Respite Needs Assessment Tool**

CLIENT: UCI: DOB: SC: DATE:

	LOW Need 1 point	INTERMEDIATE Need 2 points	HIGH Need 3 points	EXCEPTI 4 poi													
SELF-CARE <input type="checkbox"/>	<ul style="list-style-type: none"> • Less than 3 years old • Needs are similar to typical peers • Minimal self-care needs • Independent with self-care tasks • Only requires verbal prompts and reminders • Completes self-care tasks using a visual schedule 	<ul style="list-style-type: none"> • Needs are greater than typical peers • Requires multiple physical, gestural, verbal prompts • Some hand over hand assistance is required 	<ul style="list-style-type: none"> • Needs are much greater than typical peers • Requires hand over hand assistance • Cannot perform helpful movements • Needs help with transfers 	<ul style="list-style-type: none"> • Complete dependent assistance 													
BEHAVIORAL <input type="checkbox"/>	<ul style="list-style-type: none"> • Behaviors are similar to typical peers • Mild behaviors (intensity, frequency, duration) 	<ul style="list-style-type: none"> • Behavioral issues greater than typical peers • Moderate behaviors (intensity, frequency, duration) 	<ul style="list-style-type: none"> • Behavioral issues are much greater than typical peers • Intense behaviors (intensity, frequency, duration) 	<ul style="list-style-type: none"> • Requires high level supervision remain sa 													
MEDICAL <input type="checkbox"/>	<ul style="list-style-type: none"> • Needs are similar to typical peers • Simple medication management • Regular medical check-ups 	<ul style="list-style-type: none"> • Needs are greater than typical peers • Moderate medical needs • Frequent medication management • Frequent medical appointments • Regular monitoring (blood sugar, respiration) 	<ul style="list-style-type: none"> • Needs are much greater than typical peers • Intense medical needs • Regular repositioning • g/j- tube, tracheostomy • active, frequent seizures 	<ul style="list-style-type: none"> • Medical o behaviors require ca night, imp caregiver' 													
FAMILY SUPPORT <input type="checkbox"/>	<ul style="list-style-type: none"> • Two parent or shared custody household • Caregivers are physically, emotionally resilient • Natural and/or generic supports are available • Parent does not work and client attends school/day program 	<ul style="list-style-type: none"> • One parent/caregiver household • Caregivers need physical, emotional support • Limited natural and/or generic supports • Both parents/caregivers work full-time • Client does not attend school/day program 	<ul style="list-style-type: none"> • Parents/caregivers have high need for physical, emotional support • No natural and/or generic supports • Multiple regional center clients living in home 	<ul style="list-style-type: none"> • Crisis lev situation • Parents/ca have signi health issi • Caregiver generic se together d meet the c care need 													
TOTAL <input type="checkbox"/>	<table border="1"> <tr> <td>TOTAL POINTS</td> <td>1-4 pts</td> <td>5-8 pts</td> <td>9-12 pts</td> <td>13-14 pts</td> <td rowspan="2">EXCEPTIONAL LEVEL RESPITE</td> <td>15-16 pts</td> </tr> <tr> <td>MONTHLY HOURS</td> <td>6-10 hrs</td> <td>11-20 hrs</td> <td>21-30 hrs</td> <td>31-40 hrs</td> <td>41+ hrs</td> </tr> </table>				TOTAL POINTS	1-4 pts	5-8 pts	9-12 pts	13-14 pts	EXCEPTIONAL LEVEL RESPITE	15-16 pts	MONTHLY HOURS	6-10 hrs	11-20 hrs	21-30 hrs	31-40 hrs	41+ hrs
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					REQUES <input type="checkbox"/>												

Parent and Family Responsibilities

- Work closely with your Service Coordinator
- Provide information about your family's needs
- Maintain records of services received
- Provide any updates in circumstances
- Communicate with providers and Service Coordinator

PERSONAL ASSISTANCE/CARE SERVICES



Definition: Personal Assistance/Care

- Direct care and supervision in home and community settings
- Support with daily living activities (bathing, dressing, meals, toileting)
- 1:1 supervision for safety, social, or behavioral needs
- Promotes community integration for adolescents and adults



Eligibility Criteria

- Harbor Regional Center may purchase personal assistance/care services when specific criteria are met:

Generic Resources

- Services like In-Home Supportive Services (IHSS) have been fully explored

Needs Documented

- Need has been established through the Harbor assessment tools and identified in the Individual Program Plan (IPP)

Daily Schedule

- Plan accounts for school, work, therapies, and non-waking hours when supervision is not needed.

Assessment of Needs

- How We Determine Your Service Level
 - Daily schedule and support needs
 - All support sources (public, private, Harbor-funded)
 - Sleep and non-supervision hours
 - Public services (IHSS, therapies, school, ABA)
 - Natural supports
 - Existing Harbor-funded services



Weekly Schedule Assessment Tool

- Service coordinators use a detailed worksheet to identify your daily schedule and support needs. Helping identify gaps where personal assistance services may be needed.

Individual Personal Assistance Monthly Schedule

Individual Served _____ UCI _____ SC _____ Date _____

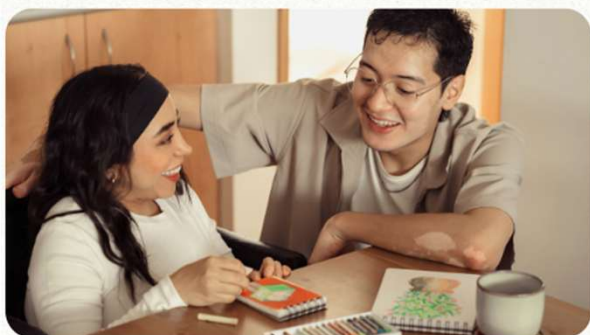
Schedule Start Date: _____ Schedule End Date: _____

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Midnight - 1am							
1am - 2am							
2am - 3am							
3am - 4am							
4am - 5am							
5am - 6am							
6am - 6:30am							
6:30am - 7am							
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9pm - 9:30pm							
9:30pm - 10pm							
10pm - 11pm							
11pm - Midnight							

Total Number of Weekly Hours Requested: _____

List Activities Requiring Supervision or Supplemental Support: _____

Personal Assistance/Care Services Fact Sheet and Policy



Harbor Regional Center Service Policy PERSONAL ASSISTANCE/CARE SERVICES

DEFINITION:

Personal assistance/care services are those supports needed to provide an individual with appropriate and direct care or supervision in their preferred home and community settings. This may include assistance with bathing, grooming, dressing, toileting, meal preparation, feeding and supervision. Personal assistance/care services may also include 1:1 supervision/support in-home and community settings for an individual with significant safety, social deficits or behavioral challenges. Such support may assist with community integration for adolescent and adult individuals.

PHILOSOPHY:

Harbor Regional Center recognizes that some individuals with a disability may require care and supervision in the absence of a caregiver and that some parents/guardians/caregivers may not be able to provide such care and supervision due to aging, declining health or other extenuating circumstances. Personal assistance/care is not intended to meet the Respite need of a caregiver and is more appropriate to address the direct care and supervision needs of the individual regardless of a caregivers need for an intermittent break.

PERSONAL ASSISTANCE/ CARE SERVICES

We believe in providing you with the right supports to help you achieve greater independence at home and in the community.

Services may help you by:

If this service interests you, talk to your service coordinator about:

- Care and supervision needs above individuals of the same age
- Availability of natural supports such as family members and friends
- Other resources for support including In-Home Supportive Services
- Hours, days, and location for support

How to Request Support from Harbor?

- Contact your Service Coordinator
- Complete the Assessment Process
- Develop a Service Plan
- Receive Authorization



Your Rights

Timelines:

- Within 5 business days of receiving your request, Harbor will acknowledge your request.
- Within 5 business days of Harbor's acknowledgement, we will provide a response (either a decision or notice that we are continuing to assess).
- Within 5 business days of making a decision, we will provide a Notice of Action (NOA) or Good Faith Letter, if applicable

Your Rights

What if you don't agree with Harbor's decision?

You have the right to file an appeal

There are three parts to the appeal process (You can request any or all of them. You can change your choice later in the process):

1. Informal Meeting
2. Mediation
3. Appeals Hearing

Appeals & Complaints:

CA Department of Developmental Services
Office of Clients Rights & Advocacy

FAQ – Respite

1. What is the hiring process for respite providers?
2. Do you need a Social Security Number (SSN) to be an Employer of Record respite provider?
3. How much do respite providers get paid?
4. Do respite providers receive training?
5. What is the difference between Employer of Record vs. Agency?
6. Can I have multiple respite providers when using Employer of Record?

FAQ – Personal Assistance

7. Can my Personal Assistance provider be someone living in the home?
8. Can personal assistance or respite be provided to other children in the home?
9. Can the caregiver provide transportation?
10. Can the child be picked up from school if not using personal vehicle (e.g. walking)?
11. When my agency-directed worker is sick, who will care for my child?
12. Can personal assistance or respite be provided for trainings?

Questions?



Survey/Poll



Survey link: <https://www.surveymonkey.com/r/ResPA>