



## Respite Care: Consumer Fact Sheet

Respite refers to a short time of rest or relief. It allows the caregiver a break from day-to-day duties while the person with dementia receives care from qualified individuals. There are many different ways and settings in which respite care can be provided. Respite care can be very beneficial to the health and well-being of the person providing care as well as the person with dementia.

### **What are the different types of services that provide Respite Care?**

#### **In-home Respite Care**

Provided in the home by professional caregivers or trained volunteers; they can be employed privately, through an agency or as part of a government program. In-home respite care can be provided as needed based on the needs of the person with dementia and the care partners. Services may include: companionship, personal care, homemaking, or skilled care. The service provider will spend quality time with the individual and allow the caregiver time to shop, rest, or pursue other activities of choice outside of the home or at home.

#### **Adult Day Centers**

Adult day centers offer group respite care that is provided outside the home and designed to meet the individual needs of the participants and to support strengths, abilities, and independence. Throughout the day, participants have the opportunity to interact with others while being part of a structured environment. Daily activities may include music, recreation, discussion and support groups. Hours of service vary but centers are often open 7-10 hours per day five days a week. Transportation may be available.

#### **Residential/Overnight Respite Care**

Residential facilities may allow the person with dementia to stay overnight, for a few days, or a few weeks. Many hospitals and nursing homes have specialized units for this purpose. In some areas, assisted living facilities and adult foster care homes may have beds available for families seeking short-term residential respite care. Advance planning may be required, as medical tests may be needed before the person can be admitted as a short-term resident. There are a variety of providers so may be licensed, others may not be licensed. This may affect the length of stay, required medical planning, and the information that may be required before the person can be accepted into the program. Look for a setting that will best meet the your needs and those of the person with dementia.

#### **Informal Respite Care**

A family member, close friend, neighbor, or church volunteer can provide respite care. A trustworthy and caring person can give you some time to run errands or just take a break. Consider putting together a schedule of times when others can take a turn with caregiving duties.

#### **Respite Care for Emergency Situations**

Unexpected events occur now and then, such as an accident, surgery, or long-distance trip. It is helpful to plan ahead in case an emergency does happen. Call around to agencies and facilities to find out if they offer emergency services. And, try out a service in a non-emergency situation to see how it works.

## Combining services

Many families find that they need to combine several of these options to adequately cover their care needs. For example, a caregiver who is still working full-time might schedule the person with dementia to attend an adult day program twice a week and have an in-home provider come three days a week to provide companionship, care and supervision while the caregiver is at work. This caregiver may also use residential respite once a year to take a one-week vacation with her husband each year.

## **How do I select respite care services?**

If you are selecting an in-home aide, arrange a time to meet with the person in your home. Ask questions.

### **While talking with an in-home aide, you may want to ask:**

- Why are you interested in this job?
- What is your training
- What are your past/current home care experiences?
- Have you ever worked with someone with dementia?
- How would you handle...? (Give examples of behaviors or challenges)
- Do you have any special skills, e.g. activities?
- When/how often are you available? Do you have back up if you are unable to come?
- Are you bonded?
- Who can I talk with at your agency if I have a concern?
- Tell me about yourself? Interests? Hobbies?
- Why did you leave your last job?
- Do you have references?

If you are selecting an adult day center, arrange a meeting with the staff and look around the center.

### **While talking with representatives from adult day centers, you may want to ask:**

- What are the hours? Fees? Services?
- Is transportation available? Can they suggest transportation options?
- What types of activities do they offer?
- Are people with dementia separated from other participants or included in general activities?
- How many participants is each staff member responsible for?
- Do they assist with personal care?
- Are there individual plans of care? How are different functioning levels addressed?
- How do they handle...(e.g. wandering)?
- How do they ensure safety?
- What are reasons for discharge?

## Cost of Services

Respite care services are usually paid for privately by the person with dementia or family members. Medicare does not pay for this type of help. For in-home services, the fee is usually based on an hourly rate.

Be sure to ask about possible sources of financial support. Some organizations offer volunteer companionship care. Some programs offer sliding scale payment options. Additionally, your local Area Agency on Aging office may be able to access your eligibility for the Medicaid Home & Community Based Services Waiver or voucher programs to provide financial assistance covering the cost of respite care services.

For information on respite care services in your area and to learn about financial support, please contact the following agencies for further assistance:

<b>Medicare/Medicaid Assistance Program</b>	800.803.7174
<b>Offices of Services to the Aging</b>	<a href="http://www.miseniors.net">www.miseniors.net</a>
<b>Alzheimer's Association</b>	24/7 Helpline 800.272.3900 or <a href="http://www.alz.org">www.alz.org</a>
<b>Family Independence Agency</b>	517.373.2035
<b>Eldercare Locator</b>	800.677.1116 or <a href="http://www.eldercare.gov">www.eldercare.gov</a>