

## Respite Needs Information

### What is Respite Care?

Per the dictionary, respite is “A short period of rest or relief from something difficult or unpleasant”. Respite care is designed for caregivers. This allows for a caregiver to have a break from caregiving.

**Check all the boxes that apply.** Answering the following questions may help you identify your respite care needs. Having this piece of paper may also help you describe your needs to the different service agencies.

### What kind of care/assistance is needed?

- Companionship
- Personal care
- Medical needs/tube feeding
- Other: \_\_\_\_\_

### What are some characteristics of your loved one that may require special skills?

- Communication difficulties
- Need for direction/assistance
- Toileting
- Need to walk/move around
- Unique behaviors
- Other: \_\_\_\_\_

### How much time is needed?

- \_\_\_ Hours per day
- \_\_\_ Days per week
- Overnight, weekend, a week or more
- Daily

### Where do you feel your loved one would most likely benefit?

- At home
- A skilled nursing facility
- A social/group setting

### What options are available for payment of services?

- Private insurance
- Private pay/out of pocket
- Medicare/Medicaid
- Other: \_\_\_\_\_

## **Respite Care Options**

All of the following respite care options may be appropriate for the physically, socially and/or cognitively impaired, as well as, those that require personal care and are unable to be left alone.

Below is a quick guide to help you seek respite options. It is important that you describe your respite needs to the people providing the respite and ask questions. There may be variations among the same service providers.

### **Adult Day Services (for weekday respite; a few offer weekend and overnight respite)**

Adult day services can provide a comprehensive range of services to meet the needs of a person with dementia. They provide social and recreational activities and meals. Other services may include: nursing care, individual treatment plans, transportation to and from the day care, and support groups for caregivers. This is for those that do not require 24-hour care. Examples of payment: Medicaid, MEAAA, Veterans, or private pay depending on the day care.

### **In-Home Agency (for day, evening, weekend, or 24-hour care respite)**

In-home agencies offer a wide range of options for those that wish to remain in their home, such as companion services, personal care, household assistance, and skilled nursing care to meet the specific needs of those involved. Many agencies have minimum length of stay (usually 4 hours). Examples of payment: Private Pay or Medicaid. Medicare covers Home Health agencies, but does not cover In-Home (private duty) Care.

### **In-Home Independent Companion (for day, evening, weekend, or 24-hour care respite)**

Independent companions are found, hired, trained, and paid by you. The companion may be a friend or family member, or perhaps someone you sought out and hired. They provide any service you and the companion agree to (i.e., housekeeping, cooking, personal care tasks, etc.), as well as the amount of time given. Examples of payment: Private pay.

### **Short-term Respite Care in a Facility (for overnight, weekend, or longer respite)**

Most of these facilities are nursing homes, but a few may be residential care facilities. Some have special units for Alzheimer's patients. Your loved one would be treated like a resident in the nursing home (i.e., medical care, meals, activities). Most of the short-term respite facilities need notice at least one day prior to when you need to leave your loved one. However, short-term respite in a facility is based on bed availability, so it is in your best interest to make plans far in advance. In addition, some have minimum/maximum stay requirements. Examples of payment: Private pay.

## **Learn More**

- The Alzheimer's Association-Greater Missouri Chapter has packets on each one of these respite care options, including service providers and descriptive information. Contact our 24 hour Helpline at **800.272.3900** and ask about packets you are interested in obtaining. You can also download the packets off our website at: <http://www.alz.org/greatermissouri> under the "Helping You" link.
- The Missouri Division of Health and Senior Services has a program called The Older Volunteer Service Bank, which encourages volunteers to provide respite services for caregivers. If you know someone who would be interested in volunteering, or if you are interested in getting respite care through this program, call 800.235.5503.