

Lifespan Respite Flex Spending Program

Making Respite Care More Affordable

If you are providing care to a loved one, it's also important to take time away from your daily caregiving responsibilities. The Lifespan Respite Flex Account can help by reimbursing or giving caregivers funds to use for respite expenses. Various in-home and out-of-home services are covered up to \$600.

How We Can Help

To receive respite funds, the caregiver and person needing care must both be District residents and meet **one or more** of the following:

- Has little or no family support
- Has an illness or other health care needs of their own
- Is the primary caregiver
- Has low to moderate income
- Care recipient does not have a Medicaid Waiver
- Care recipient has not received respite services for at least six months
- Care recipient is at risk of institutionalization



Connect with DCOA! Get the Help You Need Today!

Call **202-724-5626** or email **IRA.ADRC@dc.gov**

Learn more at **dcoa.dc.gov**

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