RESPITE FOR THE FAMILY CAREGIVER: WHAT IS IT AND HOW TO FIND IT

First Annual Older Americans Month
Senior Symposium
D.C. Office on Aging
Washington, DC

May 25, 2012
Family Caregiving in the US

- 62 million unpaid family caregivers
- Provide 80% of long-term care in the US.
- Valued at over $450 billion a year in uncompensated care, more than total Medicaid spending in 2009.
Family Caregiving in DC

- **In 2009, almost 100,000 family caregivers in DC provided 65 million hours of care.**
- **The value of their caregiving is estimated at $760 million annually.**
- **But they cannot do it alone!**

Respite is…

- **Planned or emergency care provided to a child or adult with special needs in order to provide temporary relief to family caregivers who are caring for that child or adult.**

  Lifespan Respite Care Act definition
  
  PL 109-442
Benefits of Respite

- Improves family caregiver stress levels, which can affect physical and emotional health;
- Improves overall family well-being and stability;
- Improves marriages, sibling and other family relationships; and
- Reduces hospital costs and helps avoid or delay more costly foster care, nursing home or other out-of-home placements.
89% of family caregivers do not receive respite.

Of those who do, they receive too little, often too late.

Respite needs to be meaningful for caregivers, as well as care receiver.
Barriers to Respite
For All Family Caregivers

- Bureaucratic Maze of Funding Streams and Services
- Confusing and Restrictive Eligibility Criteria
- Affordability Issues
- Limited Providers
- Reluctance to identify as caregiver or ask for help
Do I Need Respite?
Everyone Needs Respite!

There may be signs that you are long overdue!

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Making Respite Work for You

- Use early in your caregiving experience
- Plan ahead if possible
- Use as regularly and as frequently as possible
- Make the best use of your respite time

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What Types of Respite are There?

- In-Home
- Out-of Home
- Volunteer
- Community or Faith-Based
- Consumer Directed
- Facility Based
- Emergency Respite

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How do I pay for respite?

- Medicaid Waiver: DC’s waiver applied to adults with intellectual or developmental disabilities
- Family Caregiver Support Program
- Veterans Programs
Assurances for Safe and Meaningful Respite

- Telephone Screening
- Personal Interview
- Ask for and check references
- Evaluate costs and financing
- Write a contract that provides specific details
Resources

- National Respite Guidelines

- The ABCs of Respite: A Consumer Guide for Family Caregivers
  http://archrespite.org/consumer-information

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Where do I find respite?

☐ National Respite Locator Service
   www.respitelocator.org

☐ Veteran’s Caregiver Support Program
   1-855-260-3274 or www.caregiver.va.gov

☐ DC Lifespan Respite/DC Respite Coalition
   Dr. Chantelle Teasdell
   chantelle.teasdell@dc.gov ; 202-535-1367
What is Lifespan Respite?
Definition:

Coordinated systems of accessible, community-based respite services for all family caregivers regardless of age or special need.
Characteristics of Lifespan Respite Programs

- Identify and coordinate existing respite resources at the state level
- Identify service gaps and create and monitor new respite services
- Recruit and train respite providers
- Connect families to respite services, providers, and payment resources
- Promote public awareness about respite

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Perspective from the **Outside**  **Inside**

- Respite Providers
- Crisis Care
- Links to Prevention Services
- Training
- Consumer Direction
- Quality Assurance
- Public Awareness

Lifespan Respite System

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For More Information

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ARCH National Respite Network and Resource Center

http://www.archrespite.org/

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