

## Respite Care

Respite care services are designed to provide family members with temporary relief from the continual care of a person with a developmental disability. "Family member" means an individual who:

- Has the person with developmental disabilities residing with him or her.
- Is responsible for the 24-hour care and supervision of the person.
- Is not a licensed or certified residential care facility or foster family home receiving funds from any public agency or regional center for the care and supervision provided. Notwithstanding this provision, a relative who receives foster care funds shall not be precluded from receiving respite.

The Regional Center may only purchase respite services when the care and supervision needs of the person exceed that of an individual of the same age without developmental disabilities.

Services can be purchased for a short period during planned or emergency situations. Respite services are generally provided in the home; however, respite on a 24-hour basis will usually be purchased from a licensed residential facility, a long-term care facility or an Adult Family Home Agency. The number of respite care hours will vary depending upon the need of the individual and family. The need and the amount of these services shall be determined through the Individual Program Plan/Individualized Family Service Plan process with consideration to the preferences of the child or adult and the family. In determining this need, the regional center shall take into account the family's responsibilities for providing similar services to a child or adult without disabilities. As well, the regional center shall take into account other services and/or activities that are provided that may also provide family members with relief from the responsibility of continual care. These may include, but are not limited to, school, adult day services, work, day care, extended day/year programs, and In-Home Support Services (IHSS) hours that meet a respite need, such as protective supervision hours.

The regional center shall not purchase more than 21 days in a fiscal year of out-of-home respite services in a licensed residential facility, a long-term care facility or an Adult Family Home Agency **or** more than 108 hours of in-home respite services in a quarter (or 36 monthly hours).

The regional center may grant an exception to any of the above if it is demonstrated that the intensity of the person's care and supervision needs are such that additional respite is necessary to maintain him/her in the family home, or there is an extraordinary event that impacts the family member's ability to meet the care and supervision needs of the person. To request an exception, the Service Coordinator assigned to the individual should be contacted so that an internal review of the request can be made. The regional center will not authorize additional respite specifically for vacations or for attending parent support meetings, conferences, or trainings other than behavior training.

Respite care shall be provided through the use of a vendored in-home respite or home health agency. Parents may choose the option of selecting their own respite worker as long as that individual is employed by a vendored respite agency. The person must be employed prior to regional center funding. For those with medical needs, a registered or licensed vocational nurse from a home health agency may be appropriate to provide respite.

Respite is not intended for use by parents as a substitute for behavior intervention. If an individual has challenging behaviors, the parents are required to attend group training in behavior intervention training. Depending on individual family needs, additional hours of respite to attend behavioral strategies training may be authorized.

Respite care may be purchased if one or more of the following criteria are met:

1. The child or adult with a developmental disability exhibits behavioral challenges requiring specialized care. Such behaviors include aggressive acting out, assaultive or self-abusive behaviors, property destruction, hyperactivity or other behaviors which might endanger the client or others.

OR

2. There are medical and/or physical needs requiring specialized care, including the need to be monitored for uncontrolled seizures or breathing difficulties; the need for special feeding, care of a gastrostomy, tracheostomy, or the use of special equipment.

OR

3. The individual has significant self-care needs beyond those normally associated with his or her age. These needs include challenges in completing activities of daily living, such as feeding, toileting, dressing, bathing, or communication.

OR

4. There are extraordinary family circumstances, which includes illness, a single-parent home, more than one family member with a developmental disability, and/or extreme financial hardship. This includes a parent who is unable to fully care for their child due to illness, age or a disability.

For children less than three years of age in the Early Start program, who do not have a diagnosis of a developmental disability, respite shall only be provided to enable the parent(s) to meet training outcomes on the child's IFSP.

Respite is one of the three specific regional center services that by law requires an assessment for cost participation by the parents under the Family Cost Participation Program (FCPP). FCPP will apply to families who meet the following criteria:

1. The child's age is birth through 17 years; and
2. The child lives in the parents' home; and
3. The child is not eligible for Medi-Cal.