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▶ getting some extra time

What Are Respite Services?

Caring for a loved one with a developmental disability can be hard work. Everyone needs a break from time to time. Regional centers can assist with this through Respite Services.

Respite is a tool that allows parents:

- Temporary relief from care giving
- Time for self-care
- Time for errands and appointments
- Take care of other family needs

Parents of children with developmental disabilities are expected to provide the same level of care for them as they would for a child without disabilities. However, when a child has special needs parents often face challenges beyond those they might encounter with a typical child. In order to provide caregivers with the



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occasional relief they need to keep the child in the family home, regional centers may provide respite care when medical, physical or behavioral needs cannot be met by other family members or a regular babysitter.

Respite care is sometimes provided by a trusted individual who is selected by the parents, but who has also met specific criteria. Sometimes care is provided through professional respite agencies – these agencies are staffed by nurses and others with medical training, as well as workers with special training that equips them to deal with children or adults with challenging behaviors. Respite care can be provided in the family home or in an outside, licensed home.

Your need for respite services may be determined on your Individual Person-Centered Plan by you and your planning team. For more information about respite services, please speak with your Service Coordinator.

During the Recession in 2009, The Legislature put caps in place on the purchase of respite services. In 2017, the Legislature took action to lift this cap by repealing Welfare and Institutions Code Section 4686.5. Effective January 1, 2018, this legislative limit on the purchase of respite services will no longer apply.

- In-Home Respite is designed to give the family a few hours rest from the care of the person served and is provided in the home. Respite care is not the same as daily or routine child care or adult day care.
- Out of Home Respite is designed to give the family some rest from the care of the person served and is provided outside of the family home in a licensed facility.

getting respite services