

What Is Respite?

Respite is a time of rest or relief, providing a temporary break from the stresses associated with caregiving. Respite provided free of charge through the Caregiver Respite Program is for caregivers who provide care and support to individuals with Alzheimer's disease and other dementias.

Respite hours are for occasional care, not for regular ongoing care. You might use respite hours to:

- Go out for dinner
- See a movie
- Attend special occasion: a family reunion, wedding, or graduation
- Meet up with friends
- Exercise
- Attend a support group or education program
- Get away for a night or weekend

Respite can be provided in your home, at an adult social or medical model day program, at an assisted living residence, or nursing home (for overnight or weekend stays).

If the individual you care for requires ongoing care, you can connect with your Care Navigator to explore other resources.

How To Apply For Respite:

Contact your Care Navigator to schedule a consultation. Once the respite application is completed and submitted, the application will be reviewed by our administrative team. If approved, respite hours are provided at no cost to you.

Primary caregivers, such as a spouse or an adult child, will be given preference for respite services. Hours will be determined based on Caregiver's need and available funding.

Respite Guidelines:

- Respite certificate will be mailed or delivered to you with determined respite hours.
- Respite hours have an effective and expiration date.
- You must initial and sign all payment requests before submission for payment by the respite care provider.

Choosing A Respite Provider:

A respite care provider allows you to take short-term breaks to relieve stress, restore energy and achieve a balanced life.

You are responsible for selecting and hiring your own respite care provider. Your Care Navigator can provide an established list of independently contracted respite providers OR you have the option of choosing your own provider (consumer directed).

To ensure the respite provider gives the best care possible, you are also responsible for assigning duties and providing relevant information, training and instruction about the individual with dementia.

Consumer Directed Respite:

Consumer Directed Respite gives you more flexibility on who delivers respite care in your home. You may choose a family member or friend to provide respite care as a Consumer Directed Respite Provider

Persons who are interested in providing consumer directed respite services should call our Respite Program Administrative Assistant at (518) 564-2049.

Each respite provider must be pre-approved by our administrative team and complete paperwork before providing services.

After providing consumer directed respite, the provider will be paid directly by the program.

All respite providers should complete the CARES Healthcare Interactive online training and certification. There is no charge to complete this program.