

# Respite Options for People with Special Needs *and Their Caregivers*



***ADRC of Brown County  
can provide in-depth  
assistance about  
resources and more.***

***We are here to listen to  
your story and help you  
find answers and  
solutions.***

## **ADRC of Brown County**

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[www.adrcofbrowncounty.org](http://www.adrcofbrowncounty.org)

ADRC is a nonprofit, 501(c)3 organization

Find us online:



## Getting Started

Respite is short-term, temporary relief for those who are caring for a family member. It includes a wide variety of services that give caregivers the opportunity to take a much-needed break from their caregiving duties in order to take care of themselves.

This booklet covers what respite is, why it's important, available respite options, and where to get assistance to sort through those options.

Staff at ADRC of Brown County can provide more in-depth information about resources listed in this handbook, talk with you about your individual situation, and answer questions you have.

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***Our Mission:***  
***“Empower and enrich  
the lives of older adults,  
adults with disabilities  
and their caregivers.”***

### ***For more Information:***

Visit our website:

[www.adrcofbrowncounty.org](http://www.adrcofbrowncounty.org)

211 Community Services database:

[www.get211.org](http://www.get211.org)

# *Respite*

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## ***What is respite?***

Respite is short-term, temporary relief for those who are caring for a family member. It includes a wide variety of services that give caregivers the opportunity to take a much-needed break from their caregiving duties in order to take care of themselves.

## ***Why do I need respite?***

Taking care of a loved one can be a rewarding job, but it's also stressful and doesn't offer regular breaks or vacations. Respite provides care for your loved one so you can get away for the weekend, spend time with other family members, or just have a few hours to yourself. Respite helps relieve stress, reduces feelings of isolation, and improves family relationships. Everyone needs - and deserves - a break!

## ***What kinds of respite options are available?***

There are different kinds of respite care to fit different respite needs. Maybe you need a couple hours off during the day, you're looking for after school care, or you're planning a week-long vacation. Your options vary from bringing someone into your home to provide care, to registering your loved one for a day program, to having your loved one stay at a residential facility for several days.

In this handbook, respite options are divided into three categories: Day Programs, In-Home Care, and Short-Term Respite Stays.

## ***How can I find out more?***

The Aging and Disability Resource Center (ADRC) is here to assist you as you explore your respite options. Contact us (920) 448-4300, Monday through Friday, 8 a.m. - 4:30 p.m.

# *Respite Options*

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## ***Adult Day Programs***

Adult day programs provide a safe, supervised setting outside the home during the day. Their focus is on providing supervision, assistance with personal cares, and structured activities including recreation, life skill development, and community outings. They also afford the caregiver respite from the demands of caregiving.

There are several adult day programs available in the community. ADRC has a resource available on our website-*Programs for Individuals with Disabilities*, which lists local organizations that serve persons with disabilities. Check it out on our *Resource Library* page. Call ADRC at (920) 448-4300 to learn more.

## ***ASPIRO Respite Care***

A supportive service designed to give temporary care to children and adults with developmental disabilities. Eligibility is determined through a functional screen and families must reside in Brown County. Providers are carefully screened and trained by the Respite Care Program staff. An hourly rate is charged.

For more information about the Respite Program, call ASPIRO at (920) 593-4308. For information about funding, call ADRC at (920) 448-4300.

# *In-Home Care*

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## **Home Care Agencies**

A home care agency can provide respite workers for medical or non-medical care in your home. Respite services are available on a private pay basis at an hourly rate. Rates for in-home respite care vary based on the level of care needed.

If your loved one receives Medicaid, some in-home personal care services (i.e. bathing and grooming) may be covered. While these services are not generally thought of as “respite,” you may be able to use the time when a personal care worker is providing care to your loved one as an opportunity to take some time for yourself.

For more information about home care agencies, ADRC offers a regularly updated listing of local home care agencies with information about hours, rates, and types of services.

Find it online at [www.adrcofbrowncounty.org](http://www.adrcofbrowncounty.org) or call (920) 448-4300 for more information.

## **Independent Home Care Workers**

Instead of using a home care agency, you may choose to hire an independent home care worker. These workers can be found through word of mouth, through church, or by placing an ad in the newspaper. If you decide to hire an independent worker from one of these sources, use caution.

In order to assure the safety of you and your family, check employment references and run a criminal background check on any worker you are thinking of hiring. You may also use the internet to do a criminal background check. If you do not have internet access, you can use a computer at ADRC or any Brown County Library at no charge.

Here are some helpful websites you can use:

- Background checks for crimes that have been tried in the State of Wisconsin Circuit Court.  
[wcca.wicourts.gov/index](http://wcca.wicourts.gov/index)
- Department of Justice  
[www.doj.state.wi.us/dles/cib/background-check-criminal-history-information](http://www.doj.state.wi.us/dles/cib/background-check-criminal-history-information)
- State of Wisconsin Caregiver Misconduct Registry  
[www.dhs.wisconsin.gov/caregiver/misconduct](http://www.dhs.wisconsin.gov/caregiver/misconduct)
- State of Wisconsin Sex Offender Registry.  
[www.offender.doc.state.wi.us/public](http://www.offender.doc.state.wi.us/public)

## *Short-Term Respite Stays*

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There are a lot of reasons why you may need short-term respite care outside of your own home. Some caregivers use short-term respite stays so they can go on vacation or a business trip, attend to their own health needs, or just take a few days off of caregiving.

Many residential facilities provide short-term respite for people with developmental disabilities. These facilities allow a person in need of care to be admitted for a short time, giving caregivers a break from daily caregiving duties. There are three types of facilities that provide respite stays for people with developmental disabilities: Adult Family Homes, Community Based Residential Facilities (CBRFs), and Nursing Homes.

### *Adult Family Home*

An Adult Family Home (AFH) is a private residence or facility that provides supportive living and assistance for up to four unrelated adults. Meals, supervision, personal care, laundry, housekeeping, and health monitoring are available. An AFH that provides care for one or two residents must be certified by the County Human Services Department. Homes with three or four residents must be licensed by either the state or county.

**Cost:** Rates are based on the level of assistance or care the resident needs. The County assists in setting the rate of County funded clients through the Family Care or IRIS program .

**Funding:** Self-pay or eligibility for funding through Family Care or IRIS program is determined through an assessment process and normally there is a waiting list.

**Availability:** Some AFHs have space dedicated to respite care. Others will provide respite if they have space available. Call ADRC (920) 448-4300 for more information.



## *Short-Term Respite Stays, Continued*

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### **Community Based Residential Facility (CBRF)**

A CBRF is a state licensed home for five or more unrelated adults who need daily living assistance. CBRFs are required to provide assistance with bathing, dressing, health and medication monitoring, in-house activities, meals, housekeeping, and information and referral. They have 24-hour awake staff and some facilities in Brown County offer professional nursing staff, though it's not required. A resident may receive up to 3 hours a week of nursing care. Residents may receive as much non-skilled assistance a week as they need and the facility can provide.

**Cost:** In Brown County the cost will range among facilities. Some facilities will pro-rate their fees on a daily or weekly basis.

**Funding:** Self-pay, some private insurances, Family Care, or IRIS funds are accepted but most time these programs have a waiting list.

**Availability:** Some CBRFs have space dedicated to respite care. Others will provide respite if they have space available. ADRC offers a regularly updated listing of CBRFs with information about types of services. Find it online at [www.adrcofbrowncounty.org](http://www.adrcofbrowncounty.org) or call (920) 448-4300 for more information.

### **Nursing Home**

A nursing home is a state licensed facility that provides around the clock care and services for people who need more than 7 hours a week of nursing or personal care due to their physical or mental condition.

**Cost:** Rates will vary based on the type of room requested.

**Funding:** Funding sources accepted by nursing homes vary, including self-pay, Medicaid, Medicare, and private insurance. Call any nursing home your are considering for current funding and rate information.

**Availability:** Availability varies. ADRC offers a regularly updated listing of nursing homes. Find it online at [www.adrcofbrowncounty.org](http://www.adrcofbrowncounty.org) or call (920) 448-4300 for more information.

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