



TITLE: Respite

DOCUMENT: Service Standard

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Approved by the Department of Developmental Services on January 25, 2011

Respite is a support service designed to provide family members with temporary relief from the constant care required by a person with a developmental disability. Respite may be provided in the person's own home or in a licensed residential facility, on a planned or emergency basis. Respite is not designed to be used as day care.

Families are expected to provide for their own respite with the assistance of family members or friends or through the use of paid sitters. If, however, the Interdisciplinary Team determines that the person requires a degree of care beyond that normally required by an individual of the same age without a disability, and if all generic resources such as In-Home Support Services have been exhausted, Regional Center funded respite may be authorized.

For children under the age of 3, the Regional Center does not purchase respite except as child care when it is required to enable the child's parents to participate in or receive other services in order to meet the outcomes of the child's IFSP.

A person may be considered for up to 16 hours per month of purchased respite if one or more of the following criteria are met:

- A) The person has serious, documented challenging behavior, such as aggressive acting out, assaultive or self-abusive behaviors, or hyperactivity, that may present a danger to the person or others;
- B) The person has significant medical needs, such as the need to be closely monitored for uncontrolled seizures or respiratory problems, to receive special feeding, or to receive care for a gastrostomy, tracheotomy or special equipment;
- C) The person has significant self-help skill deficits when compared to a non-disabled person of the same age, such as, for an adolescent or adult, the inability to eat, toilet or ambulate independently;

- D) The family is experiencing severe stress from a situation such as chronic or serious illness, more than one family member with a disability, or disability of the primary caregiver, that precludes care of the person with a developmental disability or creates the potential for neglect or abuse; or
- E) The family experiences an emergency, such as serious illness or death of a family member or hospitalization of a parent or caregiver.

The Regional Center may consider the purchase of additional monthly respite hours under exceptional circumstances. The Regional Center is prohibited from authorizing more than 90 hours of this service in a three month period and more than 21 days of out-of-home respite in a fiscal year.