



TITLE: Respite

DOCUMENT: Service Standard

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Approved by the Department of Developmental Services on November 28, 2018

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 Regional Center funded respite may be authorized. In-Home Support Services (IHSS) may be considered if it meets the respite needs as identified in the Individual Program Plan.

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.

As a general guideline, a person may be considered for up to 30 hours per month of purchased respite if one or more of the following circumstances exists (Note: The Regional Center may consider the purchase of additional monthly respite hours under exceptional circumstances. All exceptions are reviewed by the executive director or designee):

- 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.