

Respite

Short-Term Relief for Primary Caregivers of Frail Senior Citizens



What is Respite? How Can I Access Respite?

Caregiving is a demanding job and caregivers need occasional breaks (“respite”) so they can tend to their own needs and the needs of other family members, and then return to their caregiving duties refreshed. Respite contributes to good physical and emotional health and allows families to successfully continue caring for their loved ones at home.

Unpaid, live-in, primary caregivers who reside in Montgomery County and who are caring for frail senior citizens may be eligible for respite from The Arc Montgomery County. Respite can provide short-term relief for a few hours, a day, a weekend, or sometimes longer, although it is NOT a substitute for ongoing care or an adult medical day program.

The Arc Montgomery County offers coordination of respite which includes 1) a subsidy to help offset the cost of respite care *for eligible applicants* and 2) access to a list of screened respite care providers. Respite is not an entitlement or a financial assistance program and no money will be paid to the primary caregiver. Instead, approved eligibility may result in respite care hours being available to support the family.

Families can choose from many respite care venues, including the family home, adult medical day programs, therapeutic programs, and approved respite facilities. Recommended respite providers are maintained as a list of consortium members and provided to families upon request. *The primary caregiver always chooses the respite venue and provider best suited to meet the family’s needs, from our respite consortium list.*

All families seeking respite care must complete an application (available online or by calling the office). For senior citizens, there are no income eligibility requirements. **However, individuals who receive any county, state or federal funding for in-home supports or services are not eligible for respite from The Arc Montgomery County.**

Families approved for respite subsidies are invited to attend an orientation. During orientation, family members learn how to access respite hours on a monthly basis and the “rules of respite” (including limits on hours and types of services). In addition, families are provided with additional resources to assist them with other programs and services.

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