

GENERIC RESPITE RESOURCES

Quick Reference Guide

Natural Supports - Natural Supports mean (non-paid) personal association and relationships typically developed in the community that enhance the quality and security of life for people, including, but not limited to, family relationships; friendships reflecting the diversity of the neighborhood and the community; associations with fellow students or employees in regular classrooms and workplaces; and associations developed through participation in clubs, organizations, and other civic activities

In-Home Supportive Services (IHSS) Protective Supervision refers to hours awarded to allow a person to remain at home safely while safeguarding against injury, hazard or accident. IHSS is available for a child/ disabled person while the primary caretaker needs to be out of the home to work, attend school or sleep or to provide a parent a break from the child's care needs. It can also be used while the parent is in the home but is not able to provide assistance due to their own disability or while they are sleeping.

Counties are required to assess a child's need for protective supervision if the child has a mental impairment. Protective supervision is warranted if the minor has the potential for injury due to his or her mental impairment. Please refer to their website <http://www.sdcounty.ca.gov/hhsa> or call 800-510-2020 for additional information.

Consumers who receive IHSS services can access the Public Authority, In-Home Supportive Services Registry by calling 1-866-351-7722 (toll free number) and providing information about their specific needs to a Registry Coordinator. This information is entered into the registry match program and within 5 days, a list of not more than 10 potential IHSS providers will be provided to the consumer. It is the consumer's responsibility to choose and hire a worker.

Military Resources

Exceptional Family Member Program (EFMP) is designed to assist active duty service member by addressing the special needs of their exceptional family members during the assignment process. Special needs include any special medical, dental, mental health, developmental or educational requirement, wheelchair accessibility, adaptive equipment or assistive technology devices and services.

- **EFMP Respite Care** – helps military families, who have children with special needs, by providing parents up to 40 hours per month to attend appointments and to rest while their children are being cared for. Call 1-800-424-2246 or log onto www.naccrra.org.
- **EFMP Global War on Terror (GWOT)** entitles families who are impacted by the Global War on Terror up to 40 hours of respite care per month for each child (both typical and special needs). Families must be enrolled in EFMP and have members with little or no age appropriate self-help skills, continuous seizure activity, ambulation with neurological impairment that requires assistance with activities of daily living, tube feeding, tracheotomy with frequent suctioning, apnea monitor, and inability to control behavior requiring constant supervision.

Tricare Extended Health Care Option (ECHO) provides financial assistance for active duty family members with specific qualifying mental or physical conditions. Eligible beneficiaries must be enrolled in the EFMP.

- **ECHO Respite Care** provides a break for primary caregivers up to 16 hours per month.

- **ECHO Home Health Care (EHHC) Respite Care** – Expanded In-Home medical services for up to 8 hours per day/ 5 days per week for those who qualify.

Marine Corps Deployed Respite Care The Deployed Respite Care project provides 16 hours of free respite care each month for families with a deployed spouse. Parents may use their existing licensed center or choose to receive referrals to respite care providers that will come into their home. Call 1-800-424-2246 or e-mail mymilitarycare@ymcacrs.org .

Armed Services YMCA Respite Care Families enrolled in free and confidential in-home counseling program have access to limited, short term child care to provide parent dealing with medical or other issues time to care for their own needs. Respite child care is provided based on the needs of the family as determined by the Family Outreach Social Worker. Call [\(858\)751-5755](tel:8587515755) for additional information.

Early and Periodic, Screening, Diagnosis, and Treatment (EPSDT)

The Early and Periodic Screening, Diagnosis, and Treatment (EPSDT) program is a supplemental benefit of the MediCal program for those beneficiaries under age 21 who have non-restricted (full scope) MediCal. These services supplement regular MediCal benefits if they are considered medically necessary and the individual meets criteria specific to the service. Services include but are not limited to pediatric day health care, shift nursing, physical therapy, occupational therapy, speech therapy, durable medical equipment and medical supplies. Log on to <http://www.dhcs.ca.gov/services/Pages/Children%27sHealth.aspx> or call 858-495-3666 for additional information.

Nursing Facility Acute Hospital (NF/AH) Waiver: This waiver combines the following three prior Home and Community-Based Waivers: (1) NF A/B Waiver; (2) Nursing Facility Subacute (NF SA); and the In-Home Medical Care (IHMC) Waiver. The purpose of the HCBS NF/AH Waiver is to provide Medi-Cal beneficiaries who have full scope MediCal, are physically disabled and have long-term medical conditions and who meet the acute hospital, adult, or pediatric subacute, nursing facility, distinct-part nursing facility (NF) Level of Care with the option of returning to and/or remaining in his/her home or home-like setting in the community in lieu of hospitalization. Services include case management, RN or LVN private duty nursing services, home health aide services, shared nursing services, waiver service coordinator, minor home modifications such as grab bar placement or ramps, utility coverage for life sustaining equipment, personal emergency response systems, family training, personal care services, and respite. Log on to <http://www.dhcs.ca.gov/services/Pages/HCBSWaiver.aspx>, or call 858-495-3666 for additional information.

HHSA County Funded Respite may be purchased for Foster Parents (defined as licensed foster homes) when funds are available per HHSA CWS/SDRC Inter-agency Agreement. In some cases, respite is also purchased for family member foster parents.

Non-Medical Board and Care SSI Rate refers to adult recipients who receive care and supervision while residing either in the home of a relative, legal guardian, or conservator. The SSI payment includes room and board payment, care and supervision payment and Personal and Incidental Needs allowance. Consumers who receive this rate are not eligible for IHSS benefits.