

# respite programs



Respite care provides time off for family members who care for someone who is ill, injured or frail. It can take place in an adult day center, in the home of the person being cared for, or even in a residential setting such as an assisted living facility or nursing home. Although there are different approaches to respite care, all have the same basic objective; to provide caregivers with planned temporary, intermittent, substitute care, allowing for relief from the daily responsibilities of caring for the care recipient.

## Finding and Choosing Respite Care Services and Providers

For many, the challenges of caring for a loved one are part of daily life. Caregiving is a demanding, difficult job and no one is equipped to do it alone. Getting help is essential for your health, and your resilience is critical for your loved one.

*Respite care provides short term breaks that relieve stress, restore energy, and promote balance in your life.*

*Working with family members or friends may be difficult, but there are many respite care options and strategies that you may not be aware of.*

### Respite Care Basics

Seeking support and maintaining one's own health are key to managing the caregiving years. Using respite care before you become exhausted, isolated, or overwhelmed is ideal, but just anticipating regular relief can become a lifesaver.

Respite can take many forms, but boils down to two basic ideas: sharing the responsibility for caregiving and getting support for yourself. Finding the right balance requires persistence, patience, and preparation.

### Planning Your Relief

Planning starts with analyzing needs...both yours and your loved one's. As a caregiver, is support what you need most? Some free time? Help with transportation? Keep track of your daily activities then make a list of the areas and times when you most need help. Identifying your loved one's requirements, abilities, and preferences will also help you find the right match. Are social activities primary? Assistance with walking, eating or medications? Mental stimulation? Exercise? Answering these questions will help you determine which respite options to pursue.

### Types of Respite Care Services

#### Respite Services

##### In-home respite

- Informal family support and relief
- Online caregiver communities and video workshops
- Volunteer or paid companionship
- Personal care or skilled health assistance

##### Out-of-home respite

- Adult day programs
- Residential respite care
- Caregiver support groups

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## Engaging Family Members in Respite Care

Family members and friends may be able to help out while you run an errand, take a break or even go on vacation. However, just as the burden of caregiving is often more than one person can handle – it can also be a tough process for families to share.

Even the healthiest families can be severely stressed by ongoing care, and the division of labor is frequently lopsided. You can encourage support and participation by:

- **Talking openly and regularly.** Keep everyone up to date on your loved one's needs and condition. Family members who don't share the day-to-day caretaking experience may not fully appreciate the situation.
- **Encouraging family members to evaluate what they can reasonably and honestly do.** Changing roles and varying resource levels can impact family involvement. Welcome different viewpoints, accept limitations, and be willing to try alternate strategies. Share your list of needs and take advantage of all offers to help.
- **Recognizing your own feelings and discussing disproportionate tasks.** Harboring resentment when you need more help can lead to your burnout and impaired health. Ask directly for concrete support and specific time commitments. Consider establishing an online calendar to organize relief and reconfirm schedules.
- **Using technology to bridge distances.** Try free video conferencing services to hold family meetings at times that work for everyone. Create a web-based community to share updates and explore options. Sites like carepages.com keep family and friends online and in touch.
- **Exploring a family respite cooperative.** Consider trading respite services with other caregivers and their families. Pooling resources can encourage involvement, reduce costs, and increase flexibility.
- **Participating in support groups.** Learning how other families cope can suggest new options and provide reassurance. When siblings are unable or unwilling to share the load, peer support can be invaluable.

## In-Home Respite Care

In-home services can be provided by volunteer or paid help, occasionally or on a regular basis. Services may last from a few hours to overnight, and may be arranged directly or through an agency. This popular respite choice enables individuals to remain in their own environments, and can be invaluable for caregivers. Consider which of these options might meet your needs:

- **Stimulation, recreation, and companionship** can be provided by family members, friends, or neighbors while you take a break. Faith-based, community, and other non-profit organizations recruit volunteers, while home-care businesses provide trained staff to cover short in-home intervals.
- **Personal care providers** assist with daily living skills such as bathing, dressing, feeding, or toileting. **Homemaker services** support meal preparation, shopping, and housekeeping. **Skilled health care**, which requires more specialized training and experience, addresses medical needs.

## Out-of-Home Respite Care Programs

As our aging population grows, this range of private and non-profit respite programs continues to expand:

- **Adult day centers** are designed for older adults who can no longer manage independently, or who are isolated and lonely. Planned activities promote well-being through social and health services. Adult day care centers operate during daytime hours, Monday through Friday, in a safe, supportive, and cheerful environment. Nutritious meals and afternoon snacks that accommodate special diets are typically included.
- **Residential programs** offer temporary care for varying lengths of time. Group homes, hospitals, nursing homes, and other specialized facilities provide **emergency** and **planned** overnight services, allowing caretakers 24-hour relief. Although medical insurance generally does not cover overnight respite, long term care policies and veterans' programs may subsidize care (see **funding resources** below).
- **Caregiver retreats and respite camps** are available in some areas, combining respite with education and peer support. Availability varies from state to state and may be disability specific.

## Selecting Respite Care Services and Providers

When you devote so much love and energy to caregiving, it may be difficult to entrust your family member to strangers. Whether you engage a provider directly or work through an agency, you can allay your fears by conducting some basic research.

### Using Independent Providers

Although you are anxious for relief, taking time to find the right person is essential for your peace of mind and your loved one's safety. Make sure you:

- Conduct an in-depth interview with each candidate. Screening applicants on the phone should always be followed with a personal interview.
- Be specific about all of the tasks, skills, and schedules involved.
- Discuss compensation and payment schedules. Do not pay for services in advance.
- Request several work *and* personal references, and then check them carefully. Verify the information provided, and ask all references about reliability, trustworthiness, punctuality and the care provider's ability to handle stress.
- If possible, consider a background check. Professional services cost between \$100 - \$150 and can alert you to potentially serious problems. Check with your local police department, legal aid service or attorney for referrals to reputable investigators or search for "background checks" on the Internet.

Always include the potential care recipient in the screening process if he or she is able to participate, to ensure that both parties are comfortable and that your loved one's needs are respected.

### Working with Agencies

Although independent providers are generally the least expensive, home care agencies and referral services are often easier to use. Use your planning lists to help these professionals better serve you.

- **An agency** finds and places providers, handles payroll, and usually provides substitutes for sick or absent personnel. If problems occur, you also have specific avenues of recourse (complaints, mediation, or arbitration) that are not available when working with individuals.
- **Referral services** work to match your needs with local program options. Use online registries, check newspaper ads or the yellow pages to find specialists who know local programs and can help you navigate their systems.

### Choosing Off Site Programs for Respite Care

When you have identified potential out-of-home programs, plan to visit at least three. Observe the care participants and their interactions with the staff. Try to picture your loved one there, and check your instincts to see if you're on the right track. Be sure to ask the following questions:

- How are care providers screened?
- What is the training and level of experience of the care providers?
- Will care providers need additional training to meet specific family needs?
- How, and by whom, are the care providers supervised?
- What procedures does the program have for emergencies?
- Are families limited to a certain number of hours of services?
- Does the program provide transportation and meals?
- What is the cost of services? How is payment arranged?

If you can, spend a day at the center that seems best to you, so that you can get a "feel" for the people and environment. Be sure to bring a site checklist with you and ask plenty of questions. You may wish to return a few times to see whether your experience on different days confirms your initial impressions.

## Paying for Respite Care

In today's challenging economy, you may think respite services are unattainable. However, thinking creatively can uncover valuable resources:

- Ask local retirement groups for volunteers to sit with your loved one while you take a walk, watch a movie, or complete an internet workshop.
- Trade services with other caregivers. When a loved one is able to change locations for an afternoon, alternate weeks caring for both recipients at once.
- Contact area high school counselors. College-bound students often need community service experience and are available afternoons and evenings.

## Traditional Funding Sources for Respite Care

- **Insurance:** Although medical insurance generally does not include respite coverage unless licensed medical professionals are involved, *long term care* policies usually fund services up to specific time or dollar limits.
- **SSI:** Patients with disability coverage may be eligible for home health care benefits. Check your local Social Security office or call the toll free number to verify eligibility.
- **Medicaid:** Medicaid does not fund respite directly, but some states use waivers to apply federal funds to offset respite costs for residents with specific conditions and disabilities. Consult your state's Administration on Aging website.
- **Veterans' Benefits:** The VA provides inpatient respite coverage for up to 30 days per year for qualified veterans. In addition, when war-time vets care for their spouses, funding for in-home services are available on a state-by-state basis.
- **Foundation Grants:** Private foundations, such as The Robert Wood Johnson Foundation and the Brookdale Foundation make grants to organizations that provide direct respite. These funds are usually awarded annually and posted on foundation websites.
- **Nonprofit and Disability Organizations:** The United Way, the Alzheimer's Association, and other disability-specific organizations may offer respite money in your area. Agency care specialists can assist you in researching these funds.
- **State Agencies:** Over half of all states allow family members to receive payment for providing respite care. Eligibility, delivery modes and funding vary from state to state.

## Strategies for Successful Respite Care

Finding and implementing respite care sounds like a lot of work! Relief and revitalization is not just important for you, it benefits all involved in the caregiving process. Remembering the benefits and following these six tips can ease the process:

- Plan and schedule frequent breaks. Respite is not just a service-it is an outcome that requires regular relief.
- Use checklists to teach providers about your care recipient's schedules, likes and dislikes. Offer suggestions for handling behaviors.
- Make back-up plans. Always keep a list of alternate providers and resources. Unplanned emergencies should not prevent you from taking care of yourself.
- Evaluate often. Observe your care recipient before and after respite sessions. Ask for brief updates and more detailed reports regularly.
- Expect changes. Respite care is a process that often requires fine-tuning, anticipating and accepting changes in personnel or programs can keep you from becoming discouraged.
- Attend your support group regularly. Structured and informal groups allow you to meet others in situations much like yours. You can talk, vent, laugh, and exchange tips with people who understand. If you can't easily leave home, online communities, message boards and forums can provide much-needed support.



**Alzheimer’s Association, St. Louis Chapter**

**Phone:** 314-432-3422  
 9370 Olive Blvd., St. Louis, MO 63132  
**Program Type:** The Respite Care Assistance program can help pay for care for your loved one while you get a short break.  
**Care receiver ages served:** All ages  
**Hours per family:** Care recipient must have a diagnosis of dementia. Only available in Missouri.  
**Service limitations:** \$500 value  
**Counties Served:** Franklin MO, Jefferson MO, St. Charles MO, St. Louis MO, St. Louis City MO, Bond IL, Clinton IL, Madison IL, Monroe IL, Randolph IL, St. Clair IL, Washington IL

**American Home Care**

**Phone:** 314-367-0600  
 950 Francis Place Suite 104, St. Louis, MO 63105  
**Counties Served:** St. Charles MO, St. Louis MO, St. Louis City MO

**Bethesda Dilworth**

**Phone:** 314-968-5460  
 9645 Big Bend Boulevard, Oakland, MO 63122  
**Program Type:** Under our Respite Care services, we will give the adult caregiver the opportunity for a “break” by providing their senior loved ones with care and services.  
**Care receiver ages served:** 65+  
**Hours per family:** Call for information  
**Service limitations:** Call for information  
**Counties Served:** Franklin MO, Jefferson MO, St. Charles MO, St. Louis MO, St. Louis City MO

**Bethesda Meadow**

**Phone:** 636-227-3431  
 322 Old State Road, Ellisville, MO 63021  
**Program Type:** Under our Respite Care services, we will give the adult caregiver the opportunity for a “break” by providing their senior loved ones with care and services.  
**Care receiver ages served:** 65+  
**Hours per family:** Call for information  
**Service limitations:** Call for information  
**Counties Served:** Franklin MO, Jefferson MO, St. Charles MO, St. Louis MO, St. Louis City MO

**Bethesda Southgate**

**Phone:** 314-846-2000  
 5943 Telegraph Road, St. Louis, MO 63129  
**Program Type:** Under our Respite Care services, we will give the adult caregiver the opportunity for a “break” by providing their senior loved ones with care and services.  
**Care receiver ages served:** 65+, but will consider younger adults  
**Hours per family:** Call for information  
**Service limitations:** Call for information  
**Counties Served:** Franklin MO, Jefferson MO, St. Charles MO, St. Louis MO, St. Louis City MO

**BrightStar Care Florissant-St. Charles**

**Phone:** 314-837-1100  
 925 N. Hwy 67, Florissant, MO 63031  
**Program Type:** Private pay, Veterans programs, Long Term Care insurance. Companion, Personal or Skilled. Special needs including Autism spectrum.  
**Care receiver ages served:** Seniors and children  
**Hours per family:** No minimum hours required  
**Service limitations:** None  
**Counties Served:** Jefferson MO, St. Charles MO, St. Louis MO, St. Louis City MO

**Cedars at the JCA (The)**

**Phone:** 314-991-1193  
 13190 South Outer 40 Road, Chesterfield, MO 63017  
**Counties Served:** St. Charles MO, St. Louis MO, St. Louis City MO

**Charless Home (The)**

**Phone:** 314-481-4840  
 4431 South Broadway, St. Louis, MO 63111  
**Program Type:** Under our Respite Care services, we will give the adult caregiver the opportunity for a “break” by providing their senior loved ones with care and services.  
**Care receiver ages served:** 65+  
**Hours per family:** Call for information  
**Service limitations:** Call for information  
**Counties Served:** Franklin MO, Jefferson MO, St. Charles MO, St. Louis MO, St. Louis City MO

**Chestnut Terrace I & II  
 Alzheimer’s Assisted Living**

**Phone:** 636-928-5600  
 125 Klondike Crossing, St. Peters, MO 63376  
**Program Type:** Respite Care for a weekend or a few weeks.  
**Care receiver ages served:** 50+  
**Hours per family:** 24/7 - \$208 for Private Room, \$178 for Semi-Private Room. Cost includes all services.  
**Service limitations:** Staff Assistance 24/7 with Medication Administration & Supervision, 3 Meals a day, daily house-keeping, laundry, assistance with bathing, dressing & grooming as needed, full activity program.  
**Counties Served:** St. Charles MO

**County Older Resident Programs**

**Phone:** 314-615-4516  
 121 South Meramec, Clayton, MO 63105  
**Program Type:** Volunteer will substitute for primary caregiver  
**Care receiver ages served:** 60 years of age and over  
**Hours per family:** Negotiated  
**Service limitations:** No meds, no toileting  
**Counties Served:** St. Louis MO

**Home Instead Senior Care**

**Phone:** 314-862-4663  
 8147 Delmar, Suite 215, St. Louis, MO 63130  
**Program Type:** One-one personal caregiving, by trained caregivers.  
**Hours per family:** To be determined based on need.  
**Counties Served:** Jefferson MO, St. Charles MO, St. Louis MO, St. Louis City MO

## RESPIRE PROGRAMS - Missouri & Illinois

### Mid-East Area Agency on Aging

**Phone:** 636-207-0847

14535 Manchester Road, Manchester, MO 63011

**Program Type:** Contracts with home health agencies.

**Care receiver ages served:** 60 and older

**Hours per family:** 2 hours a week in home or one 6 hour day at adult day care

**Counties Served:** Franklin MO, Jefferson MO, St. Charles MO, St. Louis MO

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### Seniors Home Care

**Phone:** 314-962-2666

432 Marshall Ave., Webster Groves, MO 63119

**Program Type:** Companionship, Respite

**Care receiver ages served:** 40-100

**Hours per family:** Per Families Request

**Service limitations:** Non Medical

**Counties Served:** Jefferson MO, St. Louis MO, St. Louis City MO

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### Spencer Place Assisted Living

**Phone:** 636-441-6662

265 Spencer Rd, St. Peters, MO 63376

**Program Type:** Lovely furnished private room; Full-size bed, dresser, night table, small receiving table with two chairs and flat-screen TV. All the services of our assisted living residents at one daily rate \$134.

**Care receiver ages served:** 50 +

**Hours per family:** In-house respite services. 24-hour care.

**Service limitations:** Personal assistance with bathing, dressing and grooming(as needed), Medication Administration & supervision, 3 meals per day + snacks, daily housekeeping, laundry services, full activity calendar.

**Counties Served:** St. Charles MO

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### St. Andrew's Senior Solutions

**Phone:** 314-726-5766

6633 Delmar Boulevard, Suite 200, St. Louis, MO 63130

**Program Type:** Respite Care is the perfect break from care-giving responsibilities to replenish and renew.

**Counties Served:** St. Charles MO, St. Louis MO, St. Louis City MO

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### St. John's Mercy Skilled Nursing Center

**Phone:** 314-251-6600

12120 Conway Road, St. Louis, MO 63141

**Program Type:** Hospice Respite/ Caregiver Respite

**Counties Served:** St. Louis MO

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### Synergy HomeCare St. Louis

**Phone:** 314-813-9505

111 Westport Plaza Drive, Suite 600, St. Louis, MO 63146

**Program Type:** We will provide non-medical Respite Care in the home setting, assisted living or skilled living facility.

**Care receiver ages served:** Ages 2 and above.

**Hours per family:** Hours based on need.

**Service limitations:** Non-Medical care only. Private pay and Long-Term Care Insurance.

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**Counties Served:** St. Charles MO, St. Louis MO, St. Louis City MO

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### TouchPoint Autism Services

**Phone:** 314-432-6200

1101 Olivette Executive Parkway, St. Louis, MO 63132

**Program Type:** Varies for those on the autism spectrum

**Care receiver ages served:** Varies

**Hours per family:** Varies

**Service limitations:** Call for specific information, locations vary as well. Call for additional county information.

**Counties Served:** St. Charles MO, St. Louis MO, St. Louis City MO, Madison IL, Monroe IL, St. Clair IL

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### Visiting Angels - Webster Groves

**Phone:** 314-962-5700

1 Selma Avenue, Webster Groves, MO 63119

**Program Type:** Non-medical homecare services

**Care receiver ages served:** Must be at least 18

**Hours per family:** We offer 1-hour Angel/bath visits up to 24 hour care.

**Counties Served:** St. Louis MO, St. Louis City MO

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### Visiting Angels of St. Louis- South

**Phone:** 314-842-5589

9962 Lin Ferry Drive, #100, St. Louis, MO 63123

**Program Type:** Non-Medical Home Care

**Care receiver ages served:** Over age 18

**Hours per family:** 1 to 24 hours per day available

**Service limitations:** Non-Medical care

**Counties Served:** Jefferson MO, St. Louis MO

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### St. John's Community Care

**Phone:** 618-344-0276

222 Goethe Avenue, Collinsville, IL 62234

**Program Type:** Adult Day Program and Home Services

**Care receiver ages served:** 18 and over

**Hours per family:** Home Services 24-hour-care available: Adult Day Program 6:00 am to 6:30 pm

**Counties Served:** Madison IL, St. Clair IL

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### Visiting Angels - Illinois

**Phone:** 618-257-2200

4 South Church Street, Suite 212, Belleville, IL 62220

**Program Type:** Non-medical homecare services

**Care receiver ages served:** Our care recipients must be at least 18 years old.

**Hours per family:** We offer 1-hour Angel or bath visits to 24 hour care. Our 24 hour care is typically staffed with 12 hour shifts.

**Counties Served:** Madison IL, Monroe IL, Randolph IL, St. Clair IL

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