

Respite Care

What is Respite?

Respite is a service providing caregivers an opportunity for rest and relief from caregiving duties. Depending upon a variety of eligibility factors, individuals with special health care needs and their families may have different respite options.

Respite via Waiver Services

Once the individual with special needs has been targeted for an Aged and Disabled, Traumatic Brain Injury, Community Integration and Habilitation, or Family Supports waiver, respite may be accessed as a waiver service. The waiver case manager will provide a list of providers and information about the service. Typically, this type of respite cannot be used during a parent's work or school hours.

Respite Funded by Medicaid

Individuals receiving Medicaid services and who have a need for skilled care may be able to access periodic respite via a nursing facility. This will require a doctor's order and a screening process. This type of respite is also limited.

Local Respite Programs

Respite may be available from local providers, such as Easter Seals, churches (especially those with disability ministries), and service organizations. The Indiana Resource Center for Autism maintains a list of respite providers in Indiana: <https://www.iidc.indiana.edu/irca/articles/respite-provider-agencies-in-indiana.html>

Families with the ability to privately pay may advertise and search for providers at local colleges and universities and on web-based care databases, such as [Child Care Answers](#) and [Care.com](#), which allow providers to list skills qualifying them to care for individuals with special health care needs. Additionally, some Medicaid waiver providers will accept private pay and may be privately contracted. Families seeking financial assistance to pay for respite may wish to research and apply for grants offered by community organizations.

Long-Term Respite

There are facilities that offer longer-term respite, such as Agape Respite (<http://www.agaperespite.org>) and A Rosie Place (<http://www.rosieplace.org/>).

To learn more about these and other programs supporting families of children with special health care needs, contact Indiana Family to Family.

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