

INFORMATION FOR FAMILIES

Respite

ADDITIONAL RESOURCES

To apply for respite care contact:

**State of Maryland Department of Human
Resources, Community Services
Administration**

Office of Adult Services
311 West Saratoga Street
Baltimore, Maryland 21201
410-767-3484

www.dhr.state.md.us/oas/respite.htm

For more information on topics
discussed in this fact sheet,

contact

Service Coordination

Phone: 301-663-8044

www.servicecoordinationinc.org



Respite care is **short-term** care provided to a person for the purpose of relieving the caregiver. Respite services provide temporary, responsible care for a family member who needs support to be away from that person's regular caregivers. What all respite services have in common is that they offer a chance for family members to be apart from each other for a period of time.

Respite is a service that temporarily replaces the daily support you typically provide to your family member when you are unable to due to: family work schedule, emergencies, illness, vacations, etc. Respite care can mean many things to a parent or other primary caregiver such as: time to relax, time to spend alone, time to go away, time to spend with other family members, or assistance when emergency care is needed. Sometimes respite services are needed to enable some family members to: attend certain activities or events or conduct necessary business such as work, shopping, or medical appointments. Sometimes respite services provide a needed break that gives all family members a chance to relax.

Types: Respite services vary in how they look. Examples of respite services include babysitting services for a child, after work or evening activities, after school programs, attending a camp, and going on a vacation.

The family can select the person who provides the respite care. Often friends and relatives are paid to provide respite. The family can also select an agency that locates the respite care worker.

Location: Respite services can occur in different locations. They may be provided in the person's home. They may be provided in the home of the person providing the respite care. An agency that provides residential services may have space available in a home or may have a separate respite care house. Activities such as camps or vacations with staff who assist individuals who want support are also respite and can occur in many different locations.

Funding: In Maryland respite services are funded through the Department of Human Resources or local Departments of Social Services. Some individuals also have monies in their individual budgets from the Developmental Disabilities Administration that cover respite services. "Rolling Access" funding from the Developmental Disabilities Administration is another source of respite funding. In some instances, families may be asked to contribute to the cost of respite.

These Fact Sheets are designed to provide general information only and are not designed to substitute for the assistance of a Service Coordinator.