

Respite Services

**Department on Disability Services
Developmental Disabilities Administration**

Presenter

Shasta Brown

Supervisory Resource Specialist

Department on Disability Services(DDS)

- Rehabilitation Services Administration (RSA)
 - RSA provides services for eligible persons with physical or mental impairments.
 - The Services are designed to enable people to prepare for, obtain, maintain, or regain employment.
- Developmental Disabilities Administration (DDA)
 - DDA is the coordinating agency for services and supports for adults with intellectual and developmental disabilities.

Definition of Intellectual Disability

- Intellectual disability is a disability characterized by significant limitations both in intellectual functioning and in adaptive behavior, which covers many everyday social and practical skills. This disability originates before the age of 18.
- **Intellectual functioning**—also called intelligence—refers to general mental capacity, such as learning, reasoning, problem solving, and so on.
- One criterion to measure intellectual functioning is an IQ test. Generally, an IQ test score of around 70 or as high as 75 indicates a limitation in intellectual functioning.
- Standardized tests can also determine limitations in **adaptive behavior**, which comprises three skill types:
- Conceptual skills—language and literacy; money, time, and number concepts; and self-direction.
- Social skills—interpersonal skills, social responsibility, self-esteem, gullibility, naïveté (i.e., wariness), social problem solving, and the ability to follow rules/obey laws and to avoid being victimized.
- Practical skills—activities of daily living (personal care), occupational skills, healthcare, travel/transportation, schedules/routines, safety, use of money, use of the telephone

Eligibility requirements for services through DDA

- Proof of District residency;
- Complete the application;
- Proof of a diagnosis of intellectual disabilities
 - Psychological evaluation, based on one or more standardized test, that documents an IQ score of 69 or below, was diagnosed and/or manifested before the age of 18, and that impairment in cognitive and adaptive functioning.

Eligibility is determined

- Service Coordinator is assigned to help coordinate and link the individual to resources and services. Develop an Individual Support Plan (ISP) that outlines supports and services for the individual.
- Service
 - Home and Community Based Services Waiver is a Medicaid program (HCBS Waiver).
 - Person centered community based program
 - Developed to prevent and/or transition individuals from institutional setting.
 - Individuals must meet the eligibility requirement to enroll in the HCBS Waiver program.

Eligibility requirements for HCBS Waiver

- DC Residence
- Have and/or eligible for DC Medicaid
- 18 years or older
- Diagnosed with an intellectual disability
- Meet the level of care criteria

Respite Services

- Respite is a service offered through the HCBS Waiver Program.
- Respite service consist of services provided to a person on a short-term basis because of the absence or need for relief of the primary caregiver
- Two types of Respite Services
 - Hourly Respite
 - Daily Respite

Hourly Respite

- Provided in Person's home or the residence of the family or in a community setting approved by the primary caregiver.
- Hourly respite services may be provided by an adult family member, such as a sibling, aunt, uncle, etc.
- The family must be hired by the Respite Provider identified to provide the service and meet the hiring requirement of the provider.
- Hourly respite is authorized for 720 hours. The equivalent of the days per year.

Daily Respite.

- Provided out of the home.
- The respite location must be approved by DDA.
- Authorized for up to 30 days per year.

Hourly and Daily Respite Services

- Respite services provider shall ensure the person receives hand-on supports including
 - Assistance with preparing meals;
 - Assistance with grooming and personal hygiene;
 - Monitoring health and physical condition, and assistance with medication administration
 - Opportunity for social, recreation, and religious activities in the community.

Contact Information

DDA Intake and Eligibility Unit

Alice Anderson

Supervisory Intake and Eligibility

202-730-1745

alice.anderson@dc.gov

DDA Provider Resource Management Unit

Shasta Brown

Supervisory Resource Specialist

202-730-1609

shasta.brown@dc.gov

Questions

