

# CareBreaks

## Frequently Asked Questions

### 1. WHAT IS A CareBreak?

A CareBreak is a short time of rest or relief for the caregivers of frail loved ones 60 and over (or victims of Alzheimer's disease of any age).

*CareBreaks* allows the unpaid caregiver some down time while the person they are caring for continues to receive care from qualified individuals. *CareBreaks* can provide peace of mind knowing that during the caregiver's absence their loved one is in a safe, supportive environment.

*CareBreaks* may be used occasionally or at regularly scheduled times.

Care recipients may be individuals who require help with daily tasks (for example dressing, bathing, and eating) or require the supervision of a caregiver in order to ensure their safety.

### 2. WHO IS A CAREGIVER?

Someone who has been caring for the care recipient on a day-to-day basis and has taken responsibility to provide or arrange for necessary care. This caregiver may or may not reside in the home of the care recipient and is *not paid for the care they provide*.

### 3. WHAT ARE THE TYPES OF SERVICES CAREBREAKS CAN PROVIDE?

There are a number of ways that CareBreaks can be provided. The following are descriptions of three common types. These services can be used alone or, may be used in combination.

- **IN-HOME RESPITE CARE**  
In-home aides are employed by home health agencies (vendors). They are trained and are licensed through the Rhode Island Department of Health. They provide personal care, supervision and housekeeping.
- **ADULT DAY CENTERS**  
An adult day center provides care outside the home and is designed to meet individual needs while supporting strengths, abilities and independence. Participants have the opportunity to interact with others while being part of a structured environment.
- **RESIDENTIAL RESPITE CARE**  
Another respite care option is a short term day or overnight placement in a licensed residential facility overnight, or for a few days. These facilities may be a Nursing Home or Assisted Living facility. Overnight care allows caregivers to take an extended break while the person stays in a supervised, safe environment.

#### **4. WHAT ARE THE SHARE COSTS FOR MY FAMILY?**

The care recipient and the *CareBreaks* program share in the cost of care. The participant's income and the type of service provided determine their respective share amounts. (Refer to the *CareBreaks Annual Cost Share Chart*)

- The cost of services is based upon care recipient's (and spouse) income and varies based on a sliding scale.
- *The CareBreaks* program pays its share of the cost directly to the vendor of service. **CareBreaks funds are not paid directly to individuals or families.**

#### **5. WHO QUALIFIES FOR HELP UNDER THIS PROGRAM?**

- Any caregiver who is caring for a frail adult over the age of 60 or a person of any age diagnosed with Alzheimer's.
- Person requiring assistance has primary caregiver
- Care recipient must be a non-institutionalized resident of Rhode Island
- Services are available regardless of church affiliation

#### **6. HOW ARE SERVICES AUTHORIZED?**

- CareBreaks recipients are given an annual service allocation, paid to the provider(s) of their choice, based upon income
- This amount is divided into quarters and must be used within the quarter
- Unused funds cannot be rolled over into the next quarter or the next year

#### **7. HOW IS A PROVIDER SELECTED?**

- The *CareBreaks* program maintains and will provide to the family a list of participating vendors/providers from which they may choose.
- The care recipient and the caregiver select the type of service needed and the vendor to provide this service.
- If an individual wishes to use a vendor that is not on the list, the caregiver should contact *CareBreaks* to determine if it is possible to use this vendor.
- All vendors are licensed by the RI Department of Health and must secure prior authorization from the CareBreaks program before providing any respite services.

#### **8. IS THERE A WAITING LIST?**

From time to time the *CareBreaks* program has gone to a waiting list situation. Demand for service may exceed available resources. All allocations are contingent upon the availability of funds. Applicants on a waiting list are added when families leave the program in the order they are received.

**9. IS MY INFORMATION KEPT CONFIDENTIAL?**

Applicants and *CareBreaks* recipients may be assured of the confidentiality of all CareBreaks services. Records are kept in accordance with federal and state laws and regulations. No individual or identifying information is disclosed. Information is used only to arrange for and monitor services provided and to provide non identifying statistics to regarding the program. Any further disclosures would require informed specific written consent from the care recipient/caregiver.

**10. WHAT IF I AM FOUND INELIGIBLE FOR THE PROGRAM?**

Applicants or *CareBreaks* recipients who are dissatisfied with decisions made by the *CareBreaks* program have the right to appeal this decision. Appeals may be filed by the care recipient, the caregiver or a designated representative by mailing a written request for an appeal to: Kathleen M. McKeon, Supervisor Office of Community Services & Catholic Charities, One Cathedral Square, Providence, RI 02903

**11. HOW DO I APPLY FOR CAREBREAKS?**

- Call our office at (401) 421-7833 x211 Monday - Friday, 8:30 AM - 4:30 PM
- Mail completed application with required documentation to:

***CAREBREAKS PROGRAM***  
**Office of Community Services and Catholic Charities**  
**One Cathedral Square**  
**Providence, Rhode Island 02903**

# CareBreaks

## Annual Income Cost Share Chart

	LEVEL 0	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5
YEARLY ALLOCATION	3,000	\$3,000	\$2,500	\$2,000	\$1,500	0
FAMILY SIZE	Up To:	Up to:	Up to:	Up to:	Up to:	Over
1	\$11,670	\$14,588	\$23,340	\$29,175	\$35,010	35,010
2	\$15,730	19,663	31,460	\$39,325	\$47,190	\$47,190
<b>FAMILY SHARE</b>						
TYPE OF RESPITE	Level 0	Level 1	Level 2	Level 3	Level 4	Level 5
<b>HOME CARE</b>	0	\$4.50	\$7.50	\$9.00	\$11.00	\$18.13 OR \$19.63 if agency agrees to accept these rates
<b>ADULT DAY CARE</b>	0	\$7.00	\$11.50	Center rate minus \$30/day	Center rate minus \$25/day	Client pays 100%
<b>NURSING FACILITY</b>	0	75% of daily rate, up to \$175 per day	75% of daily rate, up to \$150 per day	75% of daily rate, up to \$125 per day	75% of daily rate, up to \$100 per day	Client pays 100%
<b>ASSISTED LIVING FACILITY</b>	0	75% of daily rate up to \$100 per day	75% of daily rate, up to \$100 per day	75% of daily rate, up to \$100 per day	75% of daily rate, up to \$100 day	Client pays 100%

Level 5 - Agencies are encouraged, but not obligated to accept this rate.

\*Adult Day Centers, Nursing Facilities and Assisted Living Facilities each have their own rate per day. For these vendors, the recipient or caregiver pays the rate set by the provider minus the listed payment made by the CareBreaks program.