"THE BASELINE: CURRENT RESPITE SERVICES IN ND"

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LEARNING OBJECTIVES

- Description of respite services currently available under state and or federal funding sources and how people can apply for these services
- Other respite services available to families outside of state and federal funded services
- Potential barriers to consumers being able to access the services or other policy limitations or gaps that deter use

STATE AND FEDERALLY FUNDED RESPITE

- Older Adults and Individuals with Physical Disabilities
- State Funded:
  - Services Program for Older Adults and Disabled (SPED)
  - Expanded Services Program: Elderly & Disabled (Ex-SPED)
- Federally Funded:
  - Home and Community Based Services 1915 (c) Medicaid Waivers:
    - Family Caregiver Support Program
    - Lifespan Respite Emergency Respite/Voucher

ELIGIBILITY

SPED
- Functional Eligibility
  - Impaired in certain number of ADLs & IADLs
- Financial Eligibility
  - $50,000 or less in liquid assets
  - Cost share based on income

EX-SPED
- Functional Eligibility
  - Not severely impaired in ADLs or IADLs
  - Not required to use non-medically necessary services and equipment
  - Must be medically eligible
  - Medicaid eligible
  - Income at or below SSI
ELIGIBILITY

HCBS 1921 (c) Medicaid waiver
- Functional Eligibility
- Screen as a HIP LOC
- If under 65, deemed disabled by Social Security Criteria or the State Review Team
- Financial Eligibility
- Medicaid Recipient

SPED, EX-SPED, HCBS WAIVER, RESPITE

- Respite care is care to an eligible individual for a specified period of time for the purpose of providing temporary relief to the individual's primary live-in caregiver from the stressful demands associated with constant care or emergencies.
- Monthly Respite Cap $1,070
  - Service Locations
    - Private Monthly Dwelling
    - Adult Day Services
    - Institutional Respite
    - Home of an approved qualified service provider (QSP)

ELIGIBILITY

Family Caregiver Support Program
- Federally funded under the Older Americans Act, this program offers help to:
  - Individuals who are caring for an adult age 60 or older
  - Older relative caregivers who are age 55 or older and who are caring for grandchildren or other young relatives age 18 or younger
  - Older relative caregivers age 55 or older who are caring for an adult child aged 19-59 who has a disability
  - Individuals who are caring for a person with Alzheimer's or another type of dementia regardless of age

FAMILY CAREGIVER SUPPORT PROGRAM

- Help for caregivers if they are providing 24-hour care and the care recipient has two or more activities of daily living (ADL) limitations or a cognitive impairment which makes it unsafe for them to be left alone.
- The ADL impairment requirement for respite services eligibility does not apply to children age 18 and under.
- Annual Cap $6,000
  - Service Locations
    - Private Monthly Dwelling
    - Adult Day Services
    - Institutional Respite
    - Home of an approved qualified service provider (QSP)
    - Out-of-State Care
LIFESPAN RESPITE GRANT
EMERGENCY RESPITE

- Monthly Respite Cap: $150
  - Service Locations
    - Private Family Dwelling
    - Adult Day Services
    - Institutional Residence
    - Home of an approved provider
    - Day Care Home Care etc.

Respite Provider:
An individual, family, or organization which provides respite care services. The provider may be a family member who does not reside with the care recipient, a friend, a neighbor, or chosen by the care recipient or legal representative.

ELIGIBILITY

- Lifespan Emergency Respite
  - Meet the definition of caregiver:
    - Individual over age 18 living with family member or house partner
    - Providing care on a regular basis to an individual regardless of age or type of disability who meet the needs basic, daily needs, or children who require care beyond the required in child care needs
    - So experiencing an emergency and has been accessing to other funding sources or on waiting list for available services
    - Lives with the care recipient or if the primary caregiver does not live with the care recipient, the caregiver must be providing frequent on-site visits throughout the day, which are required to ensure the care recipient's health and safety
  - For example, the care recipient would be unable to get out of bed, prepare a meal, etc., in the absence of the caregiver.

- Emergency Respite Referral/Approval
  - Request for services will only be accepted from agencies working with caregivers and care recipients
  - Aging Services will not accept referrals directly from individuals, i.e., caregivers, care recipients, family etc.
  - Aging Services must pre-approve all emergency respite requests
  - Submit Lifespan Respite Care Grant Emergency Respite Care Application (SFN 549) to carechoices@emd.gov
RESPITE USAGE SFY 2018

- SPED & Ex-SPED
  - 47 Consumers
  - $177,463
- HCBS Medicaid Waiver
  - 69 Consumers
  - $201,229
- F CSP
  - 205 Consumers
  - $365,041.53
- Lifelong Respite
  - Has not been utilized to date

OTHER RESPITE OPTIONS

- Private pay agencies, nursing home, memory care
- Friends and relatives
- Neighbors
- Church
- V�数a Services
- Volunteer Organizations
- Other programs (Federal, state, local)

HOW TO APPLY STATE AND FEDERALLY FUNDED RESPITE

- Aging and Disability Resource LINK
  (www.agingchoice.nd.gov) - An online database of services and providers in North Dakota.
  - Tel. 800-442-4465, 711 (TTY) or by email at ocnchelp@nd.gov
  - Monday through Friday, 8am - 5pm (Central Time Zone)

BARRIERS TO RESPITE USE

- Lack of awareness services exist
- Reluctant caregivers
- Reluctant Care Recipients
- SPED Ex-SPED HCBS waiver respite can't be used to avoid work or school
- Lack of providers especially in rural areas
RESPITE: A SERVICE TO INCREASE THE WELLNESS OF THE FAMILY AND PREVENT UNWANTED CRISIS BY ENABLING CAREGIVERS TO TAKE A BREAK.

A BREAK WITHIN A DAY – NOT DAYCARE

- Formal Respite
  - RISE
  - Respite
  - 3300
  - Community Living
  - Foster Care
  - In-Home Services
- Informal Respite
  - Friend
  - Neighbors
  - Church
  - School Staff
  - Teenager referred by a friend/family member

CHILDREN'S RESPITE - STATE

- One-Action/Worker
  - 2008-2014 year
  - 20 available spots
- Three waivers:
  - Child/Peer/Neighborhood Needs
    - 20 available spots
  - Child/Peer Neighbors
    - 20 available spots
  -adt
    - 20 available spots
- No available spots

BARRIERS WITHIN WAIVERS/VOUCHER

- Limited slots within all four programs
- Limited agency providers
- Limited hours of staff within agency
- Limited ability to find self-directed respite
- Knowledge of where to ask
  - How to ask
  - How to interview for staff
  - Time to keep track of hours
  - Trusting strangers with child (never the same staff from agency)

Developmental Disabilities

In-Home Supports

Respite is not a separate service

- May be accessed to meet the needs related to the participant's ability associated with managing a developmental disability and to prevent a crisis
- Requires the need for a specially trained caregiver
- Family and community participants: The family member or guardian needs to be in the home of the person receiving care
- The expenses related to the service must be within the priority categories

- In-home supports can be provider-managed or self-directed
In-Home Supports

- 3 categories to IHS requests:
  
  - **2nd pair of hands**: parents are present & able to direct staff, however, are unable to meet the health & safety needs of the participant, or their own.
  - **This may include needing staff assistance in lifting, transferring, bathing, feeding, etc.**
  - **This may also be completed when parents are sleeping & staff are monitoring the participant to ensure their safety.**
  
  - **Supervision**: parents are unavailable due to work or attending school
  
  - **Respite**: parents are unavailable due to any other reason than work or school
  
  - Student & OP involvement and justification must be submitted in connection service

Accessing services

Must be eligible for the Traditional HD/DD HCBS waiver

Living in the home of a primary caregiver

The IHS application is completed initially, and annually thereafter by the IO Program Manager & family, to determine need and how IHS will be used to support the participant and their family.

Utilization:

- Based on claims data for this Blennius we have served on average 761 people/month with In-Home supports

Barriers...

- Staffing shortage statewide
- Service limits (hours per month)
- Staff providing support cannot live in the same home as the participant
- Cannot be provided in a group or facility-based setting