



# Respite Coordination

# Introductions

## The Arc Montgomery County- Respite Coordination

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[www.thearcmontgomerycounty.org](http://www.thearcmontgomerycounty.org)

[Overview-Respite : For Caregivers \(Respite\) : What We Do : The Arc Montgomery County](#)

## Respite Coordination

The Arc Montgomery was awarded the contract to administer and coordinate the system of respite for Montgomery County caregivers.

Primary Funding source for Respite Coordination is Montgomery County's Department of Health & Human Services. (DHHS)

The Arc, does not provide the direct services but works with a consortium of respite providers.

## What is Respite?

Respite means to take a “break” from caregiving.

It provides short term temporary relief to caregiver.

Respite care can help ease the burden of family caregiving and help to relieve stress, restore your energy, and promote balance in your life.

# Eligibility

- The Arc Montgomery County can coordinate short-term respite for ***unpaid, primary caregiver who live in the same Montgomery County household*** and is caring for :
  - Children or adults with functional disabilities (cancer, MS, traumatic brain injury, advanced diabetes);
  - Children or adults with intellectual/developmental disabilities;
  - Children with challenging behaviors; (ADHD, Oppositional defiant disorder).
  - Frail senior citizens.
- **Income Restrictions have been lifted since March 2020**

## Examples of Primary Caregivers

- *a spouse caring for their spouse who has dementia,*
- *a parent caring for a child with autism,*
- *a sibling caring for sibling with MS,*
- *a grandparent caring for a child with disability*
- *a partner caring for their partner who has a heart condition.*
- *You are not eligible to apply for services if you or your loved one receives any kind of state, federal, military, veterans, county funding for in-home or community-based services.*

# Scope of services

- Respite is designed for short term temporary relief to caregiver- it is not designed for ongoing care as you are limited to 140 hours during fiscal year. Respite must be scheduled.
- Subsidy is limited to no more than 10 hours a day for in-home respite, adult medical day, camps and other therapeutic programs.
- Respite hours cannot be used for transportation.
- Overnight respite must be in an approved respite facility.
- Two Level of Care- Level –I non- skilled, Level II skilled nursing care.
- Medicaid Waivers may limit your eligibility.
- Families must choose a respite provider on our consortium. No relative can be provider

# How Do I Apply for Respite Coordination?

Visit our website – 3 applications on website

- Children- 0-17
- Adults- 18- 59
- Seniors – 60+
- Respite Enrollment is July – March

[www.thearcmontgomerycounty.org](http://www.thearcmontgomerycounty.org)



# Application Process

- Please ensure you submit supporting documents noted on the application. If supporting documents are missing, we will not process your application and you will be notified.
- Please allow for 30 business days to process your application. You will be notified by email upon approval and will be provided a family orientation about guidelines of Respite Coordination.

# What Happens During Orientation

Respite Administrator will provide the family with all the guidelines of program, including the number of hours and explain the Level of Care. In addition, how respite hours can be used in different settings:

- In Home
  - Adult Medical Day Program
    - Respite Facility
- Therapeutic Program/ Camps

Many things including languages spoken in the home, geographic location, and the level of care a person needs. Respite Administrator will connect families with providers who can best meet the needs of their loved one. The family will select provider from the respite consortium. In-home respite and overnight respite requires an assessment before service begins. Hours will be approved and subsidy for payment will be paid directly to provider.

## How to Use Your Respite Hours with PCR & Other Therapeutic Programs

- Make sure your child is eligible for Therapeutic Program.
- Send email to [respite@arcmontmd.org](mailto:respite@arcmontmd.org) include course or program name, total number of hours and cost of session
- Respite Hours can be used before program begins to reserve you slot.
- ***Note: Subsidies are limited to no more than 10 hours a day for camps and therapeutic programs, including overnight camps.***

# F.A.Q.

[Frequently Asked Questions : For  
Caregivers \(Respite\) : What We Do : The  
Arc Montgomery County](#)

## DDA Respite vs The Arc's Respite Coordination

- DDA Respite and The Arc Montgomery County's Respite Coordination are two separate programs.
- Although, The Arc Montgomery County is a DDA provider they do not provide DDA respite. Respite Coordination does not receive any funding from DDA.

## Respite Coordination Data

Respite Coordination currently supports 500 Montgomery County Caregivers.

Our Consortium Members are made up of organization who speak 22 different languages.

Oldest client being served 106 years old

Youngest client 2 years old

Oldest Caregiver is 93 years old, caring for 98 yeas old spouse