

What is Respite?

A Guide to the High Country Area Agency on
Aging Respite Vouchers



What is included in this guide?

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What is respite care?

Respite care provides short-term relief for primary caregivers. It can be arranged for just an afternoon or for several days or weeks. Care can be provided at home, a healthcare facility, or at an adult day center. (**National Institute on Aging, What Is Respite Care? | (nih.gov)**)

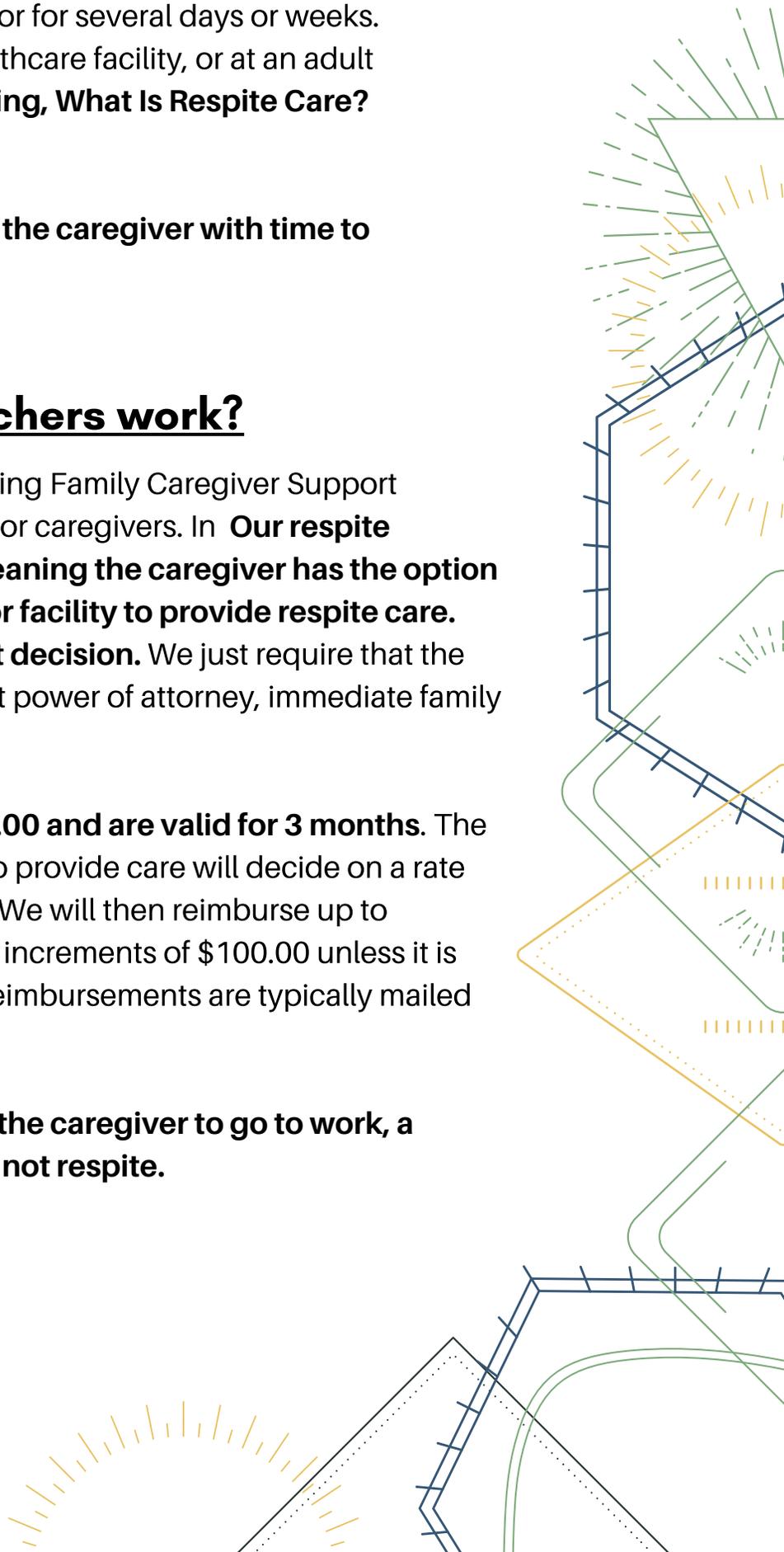
This means that respite will provide the caregiver with time to take care of themselves.

How do the Respite Vouchers work?

The High Country Area Agency on Aging Family Caregiver Support Program does have respite vouchers for caregivers. In **Our respite vouchers are caregiver directed; meaning the caregiver has the option of choosing an individual, agency, or facility to provide respite care. The caregiver has full control of that decision.** We just require that the individual providing respite care is not power of attorney, immediate family member, or under the age of 18.

The vouchers are typically for \$500.00 and are valid for 3 months. The caregiver and whoever they choose to provide care will decide on a rate per hour/day and sign an agreement. We will then reimburse up to \$500.00. We can reimburse in smaller increments of \$100.00 unless it is the final portion of the voucher. The reimbursements are typically mailed in at least two weeks.

These vouchers cannot be used for the caregiver to go to work, a cleaning service, or anything that is not respite.



Am I eligible?

You are eligible if you:

- Are an unpaid caregiver of someone over the age of 60 who needs assistance (verbal or physical) completing at least TWO activities of daily living.

This includes:

- Bathing
- Toileting
- Walking or moving about the house without anyone help
- Eating
- Transferring into/out of a bed or chair
- Getting Dressed

AND/OR

- You are an unpaid caregiver of someone living with Dementia or severe memory loss.

OR

- Caregiver is 55 years of age or older and providing unpaid care for a relative child 18 or younger or an adult aged 18-59 with a developmental disability
- The care recipient lives in your home with you you are the primary provider of care.
- Legal custody or guardianship of minor children is preferred but not required to receive services

••No Income Information is Required••

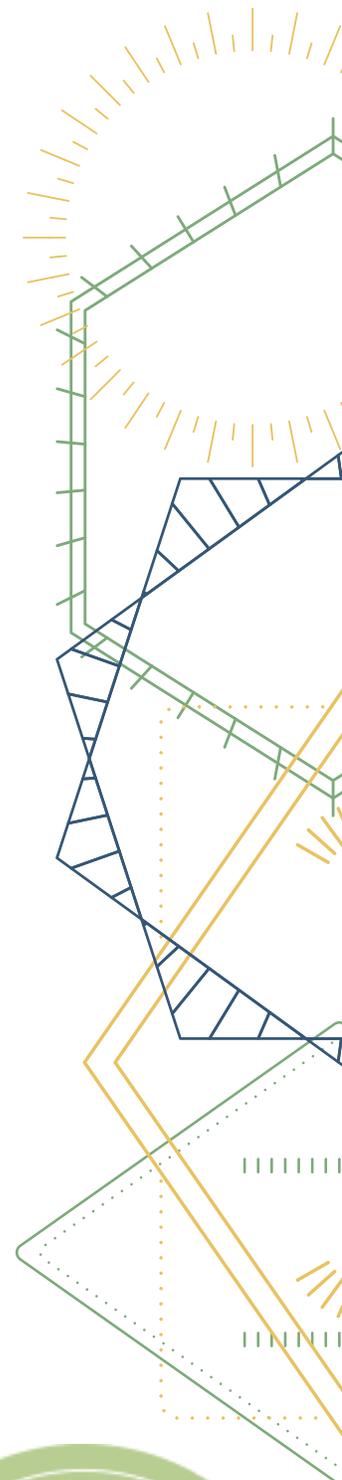
How do I apply for a voucher?

You can apply for yourself or make a referral for someone else by clicking here.

or

you can contact Amber Chapman
 achapman@hccog.org

828-278-7406



How do I find someone to provide respite care?

With the respite vouchers, the choice is completely up to you.

You could request the help of a community member, friend, or anyone you feel comfortable caring for your loved one.

You could also decide to hire a home health agency to provide temporary care. You can look at the list of home health agencies by clicking [HERE](#).

For extended/overnight respite you could use an appropriate facility.. The list of facilities for our counties [is HERE](#).

[CARE.com](#) is a great resource as well. There is a cost associated but you are able to view different aides, qualifications, and background checks.

The great thing about these vouchers is that you have control about who provides care.

Check out these links for more information

High Country Area Agency on Aging | highcountryaging.org

[What Is Respite Care? | National Institute on Aging](#) (nih.gov)

