



# Overnight Planned Respite Services

**Community-based short-term respite for adults with developmental disabilities who live in the family home.**

**Overnight Planned Respite** is a community-based service for adult clients of the Developmental Disabilities Administration (DDA) who live in the family home. It offers a break to paid and unpaid family caregivers (as well as unpaid non-family caregivers), and provides individualized activities and support for the adult client.

**Services are Provided in a Community Setting**, such as a home or duplex staffed by contracted, certified providers. Each respite setting serves one person at a time, using a person-centered plan developed with the individual and family to create a schedule and activities that meet the person's needs.

**Respite Settings are Currently Located** in seven areas of the state: Bellingham, Lynnwood, Olympia, Shoreline, Spokane, Vancouver and Yakima.



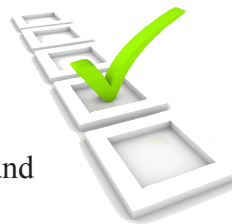
## How it Works

### Service Request

Contact your family member's DDA Case Manager to request Overnight Planned Respite for a period of dates (up to 14 days in a calendar year) that you would like to plan a break from caregiving.

### Assessment

Your Case Manager will review your family member's CARE Assessment with you to ensure the information is up-to-date. Overnight Planned Respite does not affect (or reduce) assessed respite hours received through a waiver program. It is assessed and approved as a separate service.



### Approval

The Adult Respite Service Committee will review your request and updated assessment. The committee reviews requests up to 90 days in advance of your requested respite dates.

### Individualized Respite Agreement

Once approved, you will work with the provider to develop a detailed Individualized Respite Agreement that outlines the activities and supports that your family member will receive while in the program, including schedule, in home and community activities, food, hobbies, etc.



## Eligibility Criteria

To be eligible for Overnight Planned Respite, an individual must:

- ▶ be eligible for DDA services;
- ▶ be age 18 or older;
- ▶ live at home with a family caregiver (paid or unpaid) or non-family caregiver (unpaid) who needs a break from caregiving;
- ▶ have support needs that can be safely accommodated in an available contracted and certified setting;
- ▶ receive approval by the statewide Adult Respite Service Committee.