

The Arc Otsego Using Respite Services

Family Services

What Are Respite Services?

Caring for an individual with intellectual and other developmental disabilities can be very difficult and at times, overwhelming. Respite services are designed to give the primary caregiver a break. The two funding sources for respite services are:

- 1) **Home and Community Based Waiver Respite Services** — a trained staff member of The Arc Otsego is matched with the family. The family works directly with the staff member to schedule the times for which respite services are needed. The staff member and the family submit a timesheet to the Respite Coordinator and The Arc Otsego pays the staff person directly.
- 2) **Family Reimbursement Respite Services** — the family chooses a person to stay with their family member. They pay the individual and then submit a reimbursement form to The Arc Otsego which in turn, issues a check to the family.

How Can Respite Services Be Used?

A primary caregiver can use respite services for any activity that gives them a break. The caregiver might want to complete a project at home, go to the movies, visit a friend, do the weekly grocery shopping or go on an outing with other family members. Respite services should not be used to provide support to the individual with disabilities while the primary caregiver is working.

How Does a Family Obtain Respite Services?

The first step is to call The Arc Otsego Family Services Director and make an appointment. At that appointment, we will explain the enrollment process and discuss your needs and preferences for Respite Services. We will also work with you to establish eligibility for OMRDD funded services. Once this is completed, we will assist you in requesting Respite Hours.

What Happens Once I Have Respite?

Families are able to interview potential workers from a list of approved and trained staff members. Once the family chooses the worker they feel comfortable with, the family and the worker schedule the times the service will occur. The Arc Otsego Respite Coordinator will help the family as much or as little as they want. We can assist the family in developing training for the worker that is tailored to the needs of the person with developmental disabilities. We can also assist the family in identifying emergency procedures and other important household information that should be shared with the respite provider.

Providing care and support to an individual with a developmental disability has special challenges. We recognize this, and understand that occasionally everyone needs a break or some time to attend to other needs. That is what respite services are for and we are here to help.

For additional information please contact:

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