

**ANNE ARUNDEL COUNTY
DEPARTMENT OF AGING
AND DISABILITIES
410-222-4464**

*Other Department of Aging
and Disability Programs:*

- Maryland Access Point
- Senior Information and Assistance
- Disabilities Information & Awareness Line
- National Family Caregiver Support Program (NFCSP)
- Adult Evaluation and Review Service (AERS)
- Community Care Partnership (CCP)
- Medical Assistance Personal Care Program (MAPCP)
- Senior Health Insurance Assistance Program (SHIP)
- Senior Medicare Patrol (SMP)
- Medicaid Waiver (OAW)
- Long-term Care Ombudsman
- Adult Public Guardianship
- Senior Housing Assistance
- Van Transportation
- Handy Cab Program
- Senior Activity Centers
- Senior Center Plus
- Senior Nutrition Program
- Retired and Senior Volunteer Program (RSVP)
- Foster Grandparents
- Friendly Visitors Program
- Telephone Reassurance
- Pets on Wheels/Mom and Me
- Carrier Alert

**The decision to have a helper
in your home is important and
should be made with careful
planning & screening.**

The mission of the Respite Care Referral Program is to assist the frail, elderly and disabled to stay in their homes; to provide quality care at a lower cost; and to provide relief to family caregivers.



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RESPIRE CARE REFERRAL PROGRAM



**DEPARTMENT OF AGING
AND DISABILITIES**

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**Providing Support
to Seniors and the
Disabled**

**Providing Relief
for Caregivers**

What is Respite Care?

Caregiving is a hard job—and all caregivers need a break at times. Respite care provides that break, whether it be an occasional night out or ongoing care while the caregiver attends his or her job. Respite care helps the caregiver—and the person they are caring for. When caregivers are rested and less stressed, they are able to provide better care.



In-home aides also provide companionship and support for seniors living alone, allowing them to stay in their homes.

Who Provides Care?



All Respite Workers undergo a stringent application process before being placed on the registry, to include a criminal background check, two professional references, and an interview. Applicants are then required to attend the program's training classes. Caregivers complete either a 22-hour Companion Caregiver and Ethical Standards Training by the Department of Aging and Disabilities or 8 hours of training with the Department along with 110 hours of Certified Nursing Assistant Training. The Respite Care workers referred to you are self-employed, independent contractors in good standing on the Respite Care Referral Program Registry.

Types of Care Available

- Companionship
- Supervision of daily activities
- Personal care
- Blood pressure, temperature & pulse monitoring
- Light housekeeping
- Meal preparation
- Medication reminder
- Transportation to appointments and activities
- Client-related errands



Worker Availability

- Days, evenings, overnights
- Weekdays and weekends
- Part-time and full-time

For Assistance



Call the Respite Care Referral Program at the Anne Arundel County Department of Aging & Disabilities at (410) 222-4464 ext 3045/3094.

Before you Interview, Know Your Priorities

- What can I afford?
- What tasks do I want done?
- What time of day and which days of the week do I want help?
- Do I need part-time or full-time assistance?



Screening & Interviewing

- Pre-screen workers over the telephone.
- Interview more than one worker **in-person**.
- Ask to see a photo ID.
- **Always** ask for and check references.
- Ask questions about the applicant's training, background, and experience.
- You can ask to see a copy of the worker's driving record.
- Don't commit yourself on the spot.

Your Responsibilities

- Give clear directions. Identify things you do and don't want the worker to do.
- Use a **written agreement** to clarify expectations and services.
- Be consistent with your expectations.
- Be businesslike in your relationship.



Cost

Keep in mind—Respite workers are self-employed contractors.



- There is **no** charge for the referral service.
- Fees are agreed upon by the client and the caregiver.
- Medicare and Medicaid **do not** pay for personal in-home care.
- **Some** Long-Term Care insurance policies will cover services. Talk with your specific insurance company.