



Department of Aging & Disabilities Mission

- Improve the quality of life by providing options and resources to older adults and adults with disabilities to enable them to live independent and meaningful lives
- Empower navigation of nutrition, transportation, education, socialization, affordable housing, and other supportive services that meet individualized needs
- Coordinate long-term care support to promote a healthy independent life in the community
- Streamline human services support through a single point of access
- Enrich the lives of active, older adults through programs offered through senior activity centers
- Ensure compliance with the Americans with Disabilities Act
- Advocate and protect individual rights that are self-directed

The mission of the Respite Care Referral Program is to assist older adults and individuals with disabilities to remain in their home; to provide quality care at a lower cost; and to provide relief to the family caregiver.



Additional Department Programs:

- Information & Assistance (I&A)
- Adult Evaluation & Review Service (AERS)
- Adult Public Guardianship
- Americans with Disabilities Act Office
- Assisted Living Facilities Program
- Health Promotion Classes
- Long Term Care Bureau
- National Family Caregiver Support Program (NFCSP)
- Senior Nutrition Program and Nutrition Sites
- Ombudsman Program
- Senior Activity Centers
- Senior Center Plus
- State Health Insurance Program (SHIP) and Senior Medicare Patrol (SMP)
- Veterans Services Coordination Center
- Volunteer Programs



Respite Care Referral Program



Department of Aging & Disabilities
www.aacounty.org/aging
 410-222-4257
 410-222-4377 (direct line)

*Providing Support to
 Older Adults, Individuals with
 Disabilities, Veterans, and
 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 older adults living alone, allowing them to stay in their homes.

Who Provides Care?

All Respite Workers undergo a thorough application process before being placed on the registry, including a criminal background check.

Applicants are then required to attend the program's orientation training program, which includes both the *Dementia Live*® experience and ethical standards training. This training is facilitated by Department of Aging and Disabilities staff. Home Health Aides have also completed a Certified Nursing Assistant training program.

Background checks are completed annually on active workers; Respite Workers are also required to complete additional training annually.

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
- Transportation to appointments and activities
- Meal preparation
- Medication reminder
- Light housekeeping
- Client-related errands



Scheduling Your Respite Caregiver

- 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 and Disabilities at 410-222-4377 or 410-222-4339.

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 and 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 does not pay for respite care. Some long-term care insurance policies will cover services. Talk with your specific insurance company.

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