



**County Executive
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Department of Aging & Disability Programs:

- Information & Assistance (I&A)
- Adult Evaluation & Review Service (AERS)
- Adult Public Guardianship
- Americans with Disabilities Act Office
- Assisted Living Facilities Program
- Long Term Care Bureau
 - ◆ Evidence Based Programs
 - ◆ Senior Center Plus
 - ◆ Senior Care
 - ◆ In-Home Aide Services (IHAS)
 - ◆ Community Personal Assistance Program
 - ◆ Community First Choice
 - ◆ Community Options Waiver Program
- National Family Caregiver Support Program (NFCSP)
- Nutrition
- Ombudsman Program
- Respite Care Referral Program
- Senior Activity Centers and Nutrition Sites
- State Health Insurance Program (SHIP) and Senior Medicare Patrol (SMP)
- Telephone Reassurance Program
- Volunteer Programs.

**DEPARTMENT OF AGING
AND DISABILITIES
MISSION**

- Improve the quality of life of our citizens 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, and
- Advocate and protect individual rights that are self-directed.

The mission of the Respite Care Referral Program is to assist the older adult 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.

**RESPITE CARE
REFERRAL
PROGRAM**



**DEPARTMENT OF AGING AND
DISABILITIES**

410-222-4257

***Providing Support to
Older Adults, Individuals
with Disabilities and
their 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.

Applicants are then required to attend the program's training classes.

Companion-Caregivers complete a three (3) day training, to include both dementia and ethical standards training, by the Department of Aging and Disabilities. Home Health Aides who are certified through the Maryland Board of Nursing as CNA's will attend a (1) day training. All workers complete *Communicating through Behaviors with Dementia Live*™. 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
- 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 and Disabilities at 410-222-4377/4339.

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.