



# Family Support Services

## Respite Services

### What is Respite Service?



Temporary care and supervision, not involving medical treatment.



Respite services are tailored to fit the family's schedule and needs.



The [law](#) says that after training, respite providers may help people who need help toileting with a catheter or colostomy. They can also help feed people with a g-tube (gastrostomy).



The amount of service each family can use is based upon their needs.



Respite services are time-limited.

### How can respite services help my family?

- Provides relief to primary caregivers from constant care and supervision.
- Supports families to keep their loved ones at home.
- Ensures person's safety when family members are absent.



### Types of respite services

#### In-home respite

- **Agency Respite:** Agency finds and trains the worker.
- **Employer of Record (EOR):** Family finds and trains a worker, agency handles payroll.
- **Fiscal Management Service (FMS) Respite:** Agency works with the family to hire and pay the respite worker. The Respite worker must have Cardiopulmonary Resuscitation (CPR) and First Aid training.

#### Out-of-home respite

- Short-term care in a licensed facility with 24-hour supervision.

### How do I access respite services?

- 1 Work with your service coordinator (SC) to discuss your needs.
- 2 The SC will do an assessment to figure out if you need respite and how much. Your SC may request information about people who help you, your daily schedules, and other services, such as In-Home Support Services.
- 3 Develop an Individual Program Plan (IPP) with the SC that identifies respite care as a need because of your disability.
- 4 SC will refer you to respite service agencies and discuss process with you.

## PA Services

### What are Personal Assistant (PA) Services?



Support, care, and supervision for individuals to succeed at home and in the community.



Focuses on safety and direct support in various settings like work, appointments, community activities, and home.



The amount of service each person can use is based upon assessed needs.

### How can PA services help me?

- Assistance with personal care.
- Help with medication, appointments, and routine reminders.
- Support for attending college and after-school programs.



### Types of PA services

#### Participant Directed Personal Assistance Services

- Provides individuals with the option to exercise more authority over how, and by whom, services are provided.
- Individuals/families can choose, schedule, and supervise workers.
- Provides the greatest flexibility to support individuals and their families.

#### Vendored PA Services

- Contracted with regional centers to provide PA service.

### How do I access PA services?

- 1 Work with your service coordinator (SC) to discuss your needs.
- 2 The SC will do an assessment to figure out if you need PA services and how much. Your SC may request information about people who help you, your daily schedules, and other services, such as In-Home Support Services.
- 3 Develop an Individual Program Plan (IPP) with the SC that identifies PA as a need because of your disability.
- 4 SC will refer you to PA service agencies and discuss process with you.

## Daycare Services

### What are daycare services?



Specialized care and supervision for children in their family home.



Regional Centers can pay more for services when there is a financial need.



The [law](#) says that Regional Centers may pay the cost of the child care service that exceeds the cost of providing child care services to a child without disabilities.



Parent must be engaged in employment or educational activities leading to employment.

### How can daycare services help my family?

- Assist with basic self-help needs and daily activities, promoting interaction, socialization, and maintaining routines.
- Support parents who are working or going to school by caring for their child.



### Types of daycare services

- **After School Day Care Services:** After the child's primary day program, providing care while parents work or attend school.
- **Extended Day Care Services:** Programs during holidays and when school is not in session.
- **Family Member Daycare (Participant Directed Daycare):** Family member that is not the direct provider of the day care service
- **Licensed Childcare Centers**
- **Pediatric Day Health Care (PDHC)**

### How do I access daycare services?

- 1 Work with your service coordinator (SC) to discuss your needs.
- 2 The SC will do an assessment to determine if you meet the criteria for day care services. Your SC may request information about natural supports, your schedule, and other services, such as In-Home Support Services.
- 3 Develop an Individual Program Plan (IPP) with the SC that identifies Day Care services as a need because of your disability.
- 4 Your Regional Center will refer you to the appropriate Day Care service.