The State of Respite Care in Mississippi

Presenter: Andi Agnew, Program Director, Alzheimer’s Mississippi
Learning Objectives

• Define respite care and its importance to family caregivers

• Identify the types of respite currently available in Mississippi and eligibility requirements

• Increased knowledge of the missions of both the National Respite Coalition and the Mississippi Family Caregiver Coalition (MFCC)
Caregiving

• In 2013, about 40 million family caregivers in the U.S. provided an estimated 37 billion hours of care to an adult with limitations in daily activities

• Estimated economic value: $470 billion

• In Mississippi, over 500,000 caregivers provided care at an estimated value of $5.3 million

• In 2015, 55% of caregivers reported feeling overwhelmed by the amount of care needed for a family member
What is Respite?

“Planned or emergency care provided to a child or adult with special needs in order to provide temporary relief to family caregivers who are caring for that child or adult.” – ARCH National Respite Network, 2016

“Care or short-term relief as a time for families and primary caregivers to restore and strengthen their ability to continue providing care for a child or adult with special needs…” – Oregon Department of Human Services, 2015
Why Respite?

• Vacation
• Illness
• Surgery
• Caregiver burnout
Types of Respite Services

Emergency Respite
• When the caregiver becomes ill or needs surgery, etc.

In-Home Respite/Home Based Services – provided through a public health nursing agency, social service department, volunteer association, private nonprofit or home health agency.
• Trained employee comes into home and offers care
• Services should be available 24/7
Types of Respite Services

Sitter/Companion Services – provided by individuals trained in caring for children or adults with special needs.
- May be a project of a service organization or specialized non-profit agency

Consumer-Directed Respite – a model similar to having a friend or relative volunteer to care for a child or adult with special needs.
- Primary difference is the provider is identified by the family and trained by a respite program
- Providers may be paid or unpaid
- Payment is often done through a voucher program offered directly to families
Types of Respite Services

Out-of-Home Respite
• Group Homes
• Nursing Homes
• Specialty medical/rehabilitation centers

Family Care Homes
• Home of respite staff person
• Family day care/personal care home
• Foster home used only for respite stays
• Home should be licensed under state regulations for foster homes/group homes
Types of Respite

Respite Center-Based
- Respite program contracts with existing day care centers for children
- May contract with churches, community centers or senior centers for the aging population

Adult Day Care
- Provide services a few hours per day, usually M-F but some are open on weekends
- Some geared toward people with dementia
- Funding through Medicaid waiver or private pay
Types of Respite

Residential Facilities
- Some facilities have a specified number of beds set aside for short-term respite
- Usually a 2-week minimum
- Must meet same requirements as long-term residents (TB skin test, etc.)

Hospital-Based
- Provides a safe setting for those with high care needs
- VA Hospital offers respite for eligible veterans
Types of Respite

Hospice

- May be provided in the hospital, in home or at a hospice facility
- Intended for those with high care needs, not necessarily end-of-life
What is Available in Mississippi?

- Sitter services
- Home Health/Hospice agencies
- Short-term respite at skilled nursing facilities and assisted living facilities
- Medicaid waiver program
- Adult day care
Choosing a Provider

Do your research:

- Telephone screening
- In-person interview
- Ask for references
- Do a background check if not provided by agency
- Evaluate costs and financing
- Write a contract that provides specific details
Resources

ARCH: www.archrespite.org

A Respite Guide for Caregivers and Providers – developed by the Texas Dept. on Aging in Partnership with the Area Agency on Aging Caregiver Task Force

Area Agencies on Aging: www.mdhs.state.ms.us
• Family Caregiver Support Program offers respite & other services

Caregiver Support Groups – www.alzms.org

Mississippi Access to Care (MAC): 844-822-4622 or www.mississippiaccesstocare.org
Paying for Respite

- Home and Community-Based Medicaid Waiver
- Private pay
- Medicare Hospice Benefit – if person is eligible for Medicare and in hospice, caregivers are eligible for respite
- Military Families – TRICARE’s Extended Care Health Option (ECHO) or Military Exceptional Family Member Program (EFMP) – offers respite to those who meet criteria
- Veteran’s Benefits
  - VA Caregiver Support Program: 1-855-260-3274
Paying for Adult Day Care

- Medicare does NOT cover
- Medicaid Waiver DOES cover
- Private pay
- Need-based scholarships offered by the center
- Some centers offer a sliding scale
- Private medical insurance may cover if registered, licensed medical providers are involved in the care
- Long-term care insurance may cover, depending on policy
- Dependent care tax credits may be available
National Respite Coalition

• Policy Division of the ARCH (Access to Respite Care and Help) National Respite Network

• Mission:

  To secure quality, accessible, planned and crisis respite services for all families and caregivers in need of such services in order to strengthen and stabilize families, and enhance child and adult safety.

• Promotes respite in policy and programs at the national, state and local levels
Mississippi Family Caregiver Coalition

• Created in 2015 as a grassroots organization made up of caregivers, state and private agencies, and advocacy groups aimed at identifying and empowering caregivers by educating them about accessing community resources, support networks and their rights

• Respite Summit held in February 2016

• Mississippi was awarded a 3-year grant in 2016 to enhance collaboration of respite care providers, provide training to respite care providers, and improve awareness of respite services in the state

• More information: www.facebook/MississippiCaregiver
We hope you have found today’s presentation informative and helpful.

As you know, our programs and services are free to families and individuals dealing with this disease.

The only way we are able to do this is through the generosity of others, as we are funded almost 100% by donations.

This disease takes a community. Whether you make a donation, participate fundraising, become an advocate by getting involved with public policy, or volunteer for Alzheimer’s Mississippi – we ask that you become involved!

Connect with us:
Call 877-930-6190
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