



ACRC BOARD APPROVED: 10/25/07
DDS APPROVED: 12/10/07
ACRC BOARD APPROVED: 11/16/17
DDS APPROVED: 12/29/17

Service Policy Manual

Respite Services

Respite services are intermittent or regularly scheduled temporary care and supervision for a regional center client who resides with a family member. These services are typically based in a client's family home or in a licensed facility.

Alta California Regional Center (ACRC) places a high priority on client and family support services to enable children and adults with developmental disabilities to live with their families. We recognize that families caring for a client with a developmental disability may need support from ACRC to enable the client to remain in the family home.

Respite services may be purchased by ACRC through the Individual Program Plan process based on assessed need. The assessed need is determined by reviewing factors that include: self-care skills, medical needs, behavior excesses, family dynamics, natural and generic resources when the approved services and supports meet the respite need, and the client's daily schedule. Respite services are designed to do all of the following:

- Relieve family members from the constant demands and responsibility of caring for the client.
- Assist the family members in supporting the client at home.
- Provide appropriate care and supervision to ensure the client's safety in the absence of family members.
- Attend to the client's basic self-help needs and other activities of daily living including interaction, socialization, and continuation of usual daily routines which would ordinarily be performed by family members.

Exceptions may be approved by the Executive Director, or their designee, if it is demonstrated that the client's care and supervision needs are such that additional respite is necessary to maintain the client in the home, or there is an extraordinary event that impacts the family member's ability to meet the care and supervision of the client. The exception is time limited.

An “Extraordinary Event” includes, but is not limited to the following examples:

- **Death of a caregiver or close family member**
- **Serious illness of caregiver or close family member**
- **Incapacitation or long-term absence of caregiver/family member**
- **The client experiences a behavioral or medical emergency**
- **A catastrophic occurrence such as fire, flood, earthquake or epidemic**