



# Service Policy Manual

## Respite Services

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

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

Respite services may be purchased by ACRC through the Individual Program Plan process. Respite services are designed to do all of the following:

- Relieve family members from the constant demands and responsibility of caring for the consumer.
- Assist the family members in supporting the consumer at home.
- Provide appropriate care and supervision to ensure the consumer's safety in the absence of family members.
- Attend to the consumer'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.

The ACRC Executive Director may review and authorize an exception(s) if warranted by individual circumstances.