



INTEGRATED SUPPORTS STAR | RESPITE

This star will help families and individuals think about supports and resources available in each of the star categories that could help make respite possible or a better experience.

Personal Strengths & Assets for Supporting Respite

- Ability to stay home alone
 - Ability to dial 911
 - Doesn't wander
- Knows/communicates address
- Ability to use public transportation
- Money to pay for respite

Technology for Supporting Respite

- Medical Alert or Safety ID Remote monitoring
- Smart device (phone or tablet) Computer
- Facetime, Skype, Duo, or other video conferencing app
- GPS locator

Relationships for Supporting Respite

- Immediate or extended family members
- Friends
- Volunteers/Mentors/ Interns Teachers, coaches
- Spiritual leaders and fellow worship congregants
- Co-workers, employers, and carpool participants
- Other caregivers

RESPITE SUPPORT OPTIONS

- Special Interest Groups (crafts, hobbies, sports)
- Meetup groups
- Parks and recreation, community center
- Public transportation
- Schools
- Camps
- Faith-based resources
- Parent/family cooperative
- Sitter-companion services

Community Based Resources for Supporting Respite

- Medicaid, Medicaid waiver, SSI, SSDI
- Rehabilitative services
- Center-based respite, ie: adult day centers
- Family care homes or host homes
- Home-based service programs
- State lifespan respite care programs
- Older Americans Act – Family Caregiver Support Program
- Respite voucher
- Consumer directed respite

Eligibility Supports for Supporting Respite

