



Respite Care

Respite care is a term used to describe a variety of services that provide caregivers with periods of time off from their caregiving duties. Such services include in-home care, adult day care and even brief stays in nursing facilities. Respite care provides caregivers with needed breaks to rest and renew their energies, pursue interests, schedule medical and other appointments for themselves or take care of other responsibilities. Not all respite is the same. Become familiar with what's available in your area and what you need for your particular situation. Put a plan in place and start using respite before there is a crisis or an emergency.

Five Most Common Types of Respite Care:

In-home Care: Offers a variety of options, the main one being that the individual receiving care is able stay in her/his own home. Depending upon care needs, you can choose from a variety of services such as personal care, homemaking, skilled care, and companion services.

Adult Day Care: Offers various services in a community-based setting and may provide meals and transportation. Your loved one will have an opportunity to socialize and participate in a variety of activities in a safe environment.

Informal Support: Includes people who offer to help with caregiving, such as other family members, friends, neighbors, members of religious congregations, and other volunteers. You can work with these resources to put together a schedule of times when they are available to care for your loved one and provide respite for you.

Residential Care: Group homes, nursing facilities and other specialized facilities may provide emergency and planned respite care, including overnight and extended stays of a few days or even a few weeks. This type of respite care can support an extended absence of the primary caregiver to visit family out-of-state, take a vacation or attend to medical needs that may require hospitalization or an extended period of recovery.

Emergency Respite: If you are unexpectedly unable to care for your loved one, emergency respite care can help. Conduct research on local resources, including residential care and family, friends and neighbors who are willing to help, and put a plan in place for emergency situations that may occur.

For more information, refer to the Alzheimer's Association article about *Respite Care* here.
www.alz.org/care/alzheimers-dementia-caregiver-respite.asp

How do I pay for respite care?

Most respite care is paid for privately. Costs for respite care vary according to the type of provider and the services needed. Health insurance and Medicare generally do not cover respite care, but assistance may be available through Medicaid, or through community, managed care or governmental programs. Long-term care insurance may also cover respite care. Eligibility, applications, waiting lists, and benefits differ according to funding source.

The Alzheimer's Association, New Mexico Chapter, offers a respite voucher program that provides up to \$500 per year, per person, to caregivers of those with dementia to use in paying a respite provider. They also offer a one-time emergency respite \$1,000 voucher program. Contact the **Alzheimer's Association, New Mexico Chapter** at 505-266-4473, or online at www.alz.org/newmexico

For veterans and caregivers of veterans, the US Veterans Administration (VA) has a number of services specifically for caregivers, including respite care. Contact the **VA Caregiver Support Line**, toll-free at 855-260-3274 or online at www.caregiver.va.gov

For More Information about Respite Care Contact:

Aging and Disability Resource Center (ADRC) Toll-free in NM: 800-432-2080 TTY: 505-476-4937
Santa Fe: 505-476-4846 <http://www.nmaging.state.nm.us/our-services.aspx>

Respite Care planning and information go to, <http://archrespite.org/consumer-information>

Eldercare Locator Toll-free: 800-677-1116 or online <https://eldercare.acl.gov/Public/index.aspx>

New Mexico's Area Agencies on Aging may administer respite care or support programs in your area. See below to find out how to get more information about these services.

ABQ/Bernalillo County Area Agency on Aging 505-764-6400, or online www.cabq.gov/seniors

Non-Metro Area Agency on Aging - *Serves all New Mexico counties, except Bernalillo*
866-395-2673, or online <https://www.nonmetroaaa.com/>

Navajo Area Agency on Aging - *Serves the Navajo Nation* 928-871-6868, or online www.naaa.navajo-nsn.gov

Indian Area Agency on Aging - *Serves New Mexico's 19 Pueblos and 2 Apache tribes* 505-690-5306

Aging and Long-Term Services Department
Office of Alzheimer's and Dementia Care
PO Box 27118
Santa Fe, NM 87502
<http://www.nmaging.state.nm.us/alzheimer-s-and-dementia-care.aspx>

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TTY: 505-476-4937
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