

Selected Respite Care Resources 2019



**New Mexico Aging and Long-Term Services Department
Office of Alzheimer's and Dementia Care**

SELECTED RESPITE CARE RESOURCES FOR PROFESSIONALS September 2019

1. GENERAL RESPITE INFORMATION

The following are selected from **ARCH (Access to Respite Care and Help) National Respite Network and Resource Center**. For a comprehensive listing of resources available through ARCH, visit

 <https://archrespite.org/productspublications>

A. National Respite Guidelines 2011

 https://archrespite.org/images/Books/NationalRespite_Guidelines_Final_October_2011_1MB.pdf

Authors: Maggie Edgar, MSW, Senior ARCH Consultant and Monica Uhl, MA, Partnership for People with Disabilities, Virginia Commonwealth University. The guidelines provide principles addressing quality indicators for all respite models and services. They can act as a checklist for respite providers to review as they address service delivery issues.

B. Respite Programs for Adults and the Aging: A Start-up Manual

 <http://chtop.org/hikashop-menu-for-module-vm-fallback/product/23-respite-programs-for-adults-and-aging>

This 258-page manual, contains all of the topics addressed in the original manual (*Bringing Respite to Your Community*). Examples, forms, and resources relevant to services for adults are provided. \$27.95 + \$12.00 shipping.

C. Respite for Family Caregivers of Persons with Dementia, including Alzheimer's Disease

 https://archrespite.org/images/docs/Factsheets/FS_55-Alzheimers.pdf

Dementia, including Alzheimer's disease, affects millions of people in the U.S. and their families. This fact sheet provides background for respite providers and will also help to create strategies to improve respite access and quality for this population. Family caregivers may also find useful resources here.

D. Federal Funding and Support Opportunities for Respite: Building Blocks for Lifespan Respite Systems. 2015. Author: Vivian Gabor

 https://lifespanrespite.wildapricot.org/Federal_Funding_Guide/

This guide provides detailed information about each of the federal programs that provides or could potentially provide respite funding or support.

SELECTED RESPITE CARE RESOURCES FOR PROFESSIONALS September 2019

E. Volunteer Respite: *Valuable Resources*

 https://archrespite.org/images/docs/Factsheets/FS_18-Volunteer_Respite_Final.pdf

How-to's of screening, selecting, placing, and training volunteers. Outlines various ways that volunteers can be utilized and provides tips for retaining volunteers over time. Highlights national and local volunteer respite programs. Written by Kelly Tipler, consultant and Chair, TN Respite Coalition.

F. Volunteer Respite Manual: Creating Valuable Options for Family Caregivers. Developed by Easters Seals and ARCH

 https://archrespite.org/images/Books/VolunteerRespite_Manual_Revised_11.12_web.pdf

This manual draws on years of experience with volunteer services of National Easter Seals and its affiliates and of many ARCH member respite programs and services. Topics covered include: program planning and operations; volunteer recruitment, training and management; evaluation guidance; suggested policies and procedures; liability and insurance; and marketing.

G. Respite for Caregivers of Veterans

 https://archrespite.org/images/docs/Factsheets/fs_63-Respite_Caregivers_Veterans.pdf

This fact sheet provides a basic review of respite issues for providers who work with veterans and their caregivers.

H. The ABCs of Respite: A Consumer Guide for Family Caregivers

 https://archrespite.org/images/docs/Guidebooks_Updated_2013/ABCsofRespite_Updated_3-15.pdf

This guide is useful for family caregivers who may be unfamiliar with respite, the types of programs available, and funding sources. It provides guidance on finding or assessing personal needs for respite; finding, hiring and training respite providers; and links to other useful resources.

I. Respite Provider Training and Credentialing Resources.

 <https://archrespite.org/training-ideas>

The purpose of this page is to share respite provider training resources and ideas ARCH has not endorsed any particular training curricula or credentialing program. If you would like to know if these efforts have been evaluated, please contact the program directly. This website is maintained by ARCH as an informational resource for the public. It is not meant to be an all-inclusive, original or comprehensive resource. Links to websites of other organizations or service providers are included for information, but we make no representation or warranties, expressed or implied, as to the accuracy of the information.

SELECTED RESPITE CARE RESOURCES FOR PROFESSIONALS September 2019

2. OTHER PROVIDER EDUCATION AND TRAINING

- Alzheimer's Association's® Dementia Care Practices,
☎ 1-800-272-3900
🌐 https://alz.org/professionals/professional-providers/dementia_care_practice_recommendations
- Alzheimer's Association® Dementia Care Training,
☎ 1-800-272-3900
🌐 <https://alz.org/professionals/professional-providers>
- New Mexico Direct Caregivers Coalition,
☎ 505-867-6046
🌐 <http://nmdcc.org/>

3. ADULT DAY CARE

- The National Adult Day Services Association (NADSA) has resources regarding opening an adult day care center. ☎ 1-877-745-1440 🌐 <http://www.nadsa.org/> or
🌐 <http://www.nadsa.org/providers/opening-an-adult-day-center-2/>
- The New Mexico Department of Health, Division of Health Improvement, Health Facility Licensing, is the regulatory agency for adult day care facilities.
☎ 505-476-9025 or 505-827-2613 and ask for Health Facility Licensing
🌐 <https://nmhealth.org/about/dhi/hflc/>
- NM Adult Day Care regulations:
🌐 <http://164.64.110.134/parts/title07/07.013.0002.html>

4. MAKING RESPITE MORE EFFECTIVE

- **LifeCourse Tools for Respite:** Missouri Family to Family, which is housed within Missouri's University Center for Excellence in Developmental Disabilities Education, Research and Services (UCEDD) at the University of Missouri–Kansas City Institute for Human Development, in collaboration with the ARCH National Respite Network and Resource Center, developed “Charting the LifeCourse” respite materials. The materials include a respite guide book, portfolio and other tools meant to help family caregivers caring for anyone of any age or disability and those who support them create a plan to access respite services within and outside the formal services system.
The purposes are to provide: information on the importance of respite for the well-being of the family caregiver and all family members; tools for thinking about and planning for respite; and additional resources for finding respite in the community.
🌐 <http://www.lifecoursetools.com/respite/>

SELECTED RESPITE CARE RESOURCES FOR PROFESSIONALS September 2019

- **Webinar: MAKING RESPITE MORE EFFECTIVE**

Presented by the Family Caregiver Alliance and the ARCH Technical Assistance Centers for Caregiving and Lifespan Respite

📄 <https://archrespite.org/webinars-and-teleconferences/making-respite-more-effective>

Dr. Dale Lund discusses practice and policy suggestions that might enhance caregivers' use of respite time and discusses how to measure outcomes related to respite time-use. Dr. Lund is also a coauthor of the very thoughtful guidebook (2010) for Family Caregivers, [Time for Living and Caring: Making Respite Services Work for You!](#)

5. Other Supportive Services

- **9 Steps to Respite Care for Family Caregivers of Persons with Dementia, including Alzheimer's Disease.**

📄 https://archrespite.org/images/Caregiver_Fact_Sheets/9-Steps_Dementia-Caregiver.pdf

This is the first fact sheet from ARCH in the series "9 Steps to Respite Care" designed for family caregivers. The respite information and resources in this new fact sheet are specific to family caregivers of persons with dementia, including Alzheimer's disease.

Respite services can provide you with a much needed break away from your caregiving responsibilities. This fact sheet will serve as a guide for getting the respite care you deserve. By reading it, you will have a better understanding of the resources that are available, what you can expect and how to select a high-quality service that best meets the needs of you and your family.

- **Caregiver Assessments:** Rosalyn Carter Institute for Caregiving provides a listing of resources and information about caregiver assessments. ☎ (229) 928-1234.

📄 <http://www.rosalynncarter.org/resources/implementation-tools-and-guides/caregiver-assessment/>

- **Health Promotion and Healthy Aging Programs:** can assist caregivers in maintaining their health and reducing stress.

Aging and Disability Resource Center (ADRC) at ☎ 1-800-432-2080 TTY: 505-476-4937

📄 www.nmaging.state.nm.us/healthy-aging-and-prevention.aspx or

📄 <https://www.pathstohealthnm.org/>

6. TO LOCATE RESPITE SERVICES (not inclusive):

- **Aging and Disability Resource Center (ADRC):**

☎ 505-476-4846, 1-800-432-2080, TTY: 505-476-4937 📄 <http://www.nmaging.state.nm.us/>

Social Services Resource Directory: 📄 <http://newmexico.networkofcare.org/aging/>

- **New Mexico's Area Agencies on Aging** may administer respite care or support programs:

SELECTED RESPITE CARE RESOURCES FOR PROFESSIONALS September 2019

- ✓ **Albuquerque/Bernalillo County Area Agency on Aging or City of Albuquerque Department of Senior Affairs Senior Information Assistance:**
☎ 505-764-6400, TTY:1-800-659-8331
💻 <https://www.cabq.gov/seniors/senior-services/senior-information-line>
- ✓ **Non-Metro Area Agency on Aging - Serves all New Mexico counties, except Bernalillo**
☎ 505-395-2668, 1-866-699-4927
💻 <https://www.nonmetroaaa.com/>
- ✓ **Navajo Area Agency on Aging - Serves the Navajo Nation**
☎ 928-729-4520
💻 www.naaa.navajo-nsn.gov
- ✓ **Indian Area Agency on Aging - Serves New Mexico's 19 Pueblos and 2 Apache tribes**
☎ 505-690-5306
💻 <http://www.nmaging.state.nm.us/>
- **Medicaid Information:** New Mexico Human Services Department: Information Line:
☎ 1-855-309-3766, 1-800-283-3274, Medicaid Call Center 1-888-997-2583
💻 <https://nmmedicaid.portal.conduent.com/static/contactInfo.htm>
- **NM Direct Caregivers Coalition:**
☎ 505-867-6046 💻 <http://nmdcc.org/>
- **Medicare Hospice Benefit:** If someone is eligible for Medicare and is in hospice, their caregivers are eligible for the Medicare respite benefit under Hospice Care. See more about the hospice benefit at <https://www.medicare.gov/coverage/hospice-care>.
☎ 1-800-633-4227 💻 <http://www.medicare.gov/>
- **US Department of Veterans Affairs: Caregiver Support Line:**
☎ 1-855-260-3274 💻 <http://www.caregiver.va.gov/support/index.asp>
- **ARCH National Respite Network and Resource Center Respite Locator:**
💻 <https://archrespite.org/respite-locator-service-state-information/163-new-mexico-info>
- **Eldercare Locator:**
☎ 1-800-677-1116
💻 <https://eldercare.acl.gov/Public/Index.aspx>
- **The Alzheimer's Association®, New Mexico Chapter:** Offers a respite voucher program that provides up to \$400 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.
☎ 505-266-4473, 1-800-272-3900
💻 www.alz.org/newmexico

**SELECTED RESPITE CARE RESOURCES
FOR PROFESSIONALS
September 2019**

- **Kinship Caregiver Respite Resources:**

- ✓ **Las Cumbres Community Services, Inc.:**

- ☎ 505-753-4123

- 🌐 <https://www.lascumbres-nm.org/respite>

- ✓ **The City of Santa Fe, Division of Senior Services** – administers funds available to assist grandparents or kinship caregivers who pay out-of-pocket expenses for medical services, food, clothing and more for those they care for. Persons age 55 or older who live in the city/county of Santa Fe, and who show proof of actively caregiving and providing financial assistance for those they care for may receive up to \$200.00 annually per household for reimbursable expenses.

- ☎ 505-955-4761 🌐 <https://www.santafenm.gov/programs>