

## Case Coordinator Service Considerations: Respite

- Respite care in the home is generally implemented to relieve caregivers of clients who require 24 hour care and supervision for the purposes:
  - Maintain employment
  - Continue education
  - Attend to essential household activities such as groceries, banking etc.
  - Attend to personal/recreational activities
  - Attend to special social events
  - Attend to medical or dental appointments or investigations
  - Attend support groups
  - Rest from their caregiving responsibilities within the home
  - Rest at night to enable them to provide care for client during the day
- When a primary caregiver requires respite, it is anticipated that any family members, friends, close relatives, etc., who are physically able to provide the necessary client care and supervision will be included in discussions as to their availability for assistance with respite.
- Where family or others are already assisting in primary care and/or support responsibilities (i.e. transportation, assist with personal care) such will be considered when determining the extent to which they can realistically provide additional respite care.
- Where family or others have little or no available time, this is taken into consideration when determining the extent to which they can realistically provide respite care.
- Community resources (i.e. Adult Day Program) are to be considered prior to Home Care provision of in-home respite services.
- Client/family is responsible for ensuring that all necessary equipment and supplies are available to adequately and safely care for the client during respite.
- The caregiver is not required to leave the home during respite care i.e. may choose to sleep, participate in a hobby, etc. The purpose of respite care is to relieve the caregiver from their care giving responsibilities.

## **Care Plan Development**

### **➤ Guidelines for Frequency for Respite Care in the Home:**

- 12 – 16 hours per week for temporary caregiver relief, hours may be increased based on clinical assessment and available hour's e.g. palliative care.
- Up to a maximum of 55 hours a week to support caregiver employment/ education.

### **➤ Implementation and Scheduling Options:**

- Respite care in the home may be implemented in a variety of ways including:
  - Regularly scheduled respite as part of routine care plan.
  - Special event for a predetermined time frame e.g. appointment, family event, etc.
  - A combination of the above as long as frequency of respite care in the home does not exceed guidelines.
- Caregivers are responsible for providing their Case Coordinator with reasonable notice of their respite care needs in order that resources may be allocated to meet those needs.
- When respite care is to be provided the Case Coordinator will:
  - discuss the care plan with the client/family
  - clearly identify frequency of respite care
  - confirm a reliable back up plan
  - confirm medical emergency procedures
  - identify those activities/tasks (including frequency) that will be provided by Home Care during respite care e.g. bath