Integrated Supports: Respite Options

People need supports to lead good lives. Using a combination of lots of different kinds of support helps to plot a trajectory toward an inclusive, quality, community life. 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.

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

**Personal Strengths & Assets**
- 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

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

**Community Based**
- 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

**Eligibility Specific**
- 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

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Access the LifeCourse framework and tools at lifecoursetools.com

Developed by the UMKC Institute for Human Development, UCEDD. More tools and materials at lifecoursetools.com

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