



# FAMILY DECISION GUIDE

Adapted from the [Moving Forward Decision Guide](#) developed by the University of Wisconsin Division of Extension

## The Decision-Making Process

This decision guide was developed for family caregivers and care recipients. Whenever possible, the decision to receive respite care should be made together as a family. Families must carefully consider all potential risks, benefits, and barriers before making an informed decision about whether to resume respite care services. It is important to remember that information and guidance related to COVID-19 is evolving rapidly. Additionally, depending on where you live, the risk for exposure may vary and change over time. As a

result, it is important to continually monitor and regularly reassess the safety of receiving respite care. You may need to resume services in a step-wise or phased approach and you should be prepared to stop receiving respite care services as the situation changes. It is important that all individuals involved in providing and receiving respite care feel comfortable with the decision and are kept in close communication of any changes.

WHO should be involved in the decision-making process?		
1. Who is impacted by the decision?	2. Who should be informed about the decision?	3. Consider other family members, friends, and other providers.
<b>What is the LOCAL context?</b>		
<input type="checkbox"/> YES <input type="checkbox"/> NO <input type="checkbox"/> UNKNOWN	1. Are there any local or national guidelines that need to be considered?	
<input type="checkbox"/> YES <input type="checkbox"/> NO <input type="checkbox"/> UNKNOWN	2. Is the number of new cases of COVID-19 high or going up in your area?	
<input type="checkbox"/> YES <input type="checkbox"/> NO <input type="checkbox"/> UNKNOWN	3. Have there been any recent outbreaks or surges in the number of cases of COVID-19?	
<input type="checkbox"/> YES <input type="checkbox"/> NO <input type="checkbox"/> UNKNOWN	4. Have there been any high-risk events in the past two weeks, such as large gatherings in the community, that could result in an outbreak or surge in cases of COVID-19?	
What are the possible RISKS?		
1. What are the possible risks for everyone involved? Consider social, emotional, mental, social, financial, or spiritual needs.	2. What would happen if no respite care was provided (i.e. job loss, impact on mental health of caregiver, out-of-home placement of care-recipient, etc.)?	
<input type="checkbox"/> YES <input type="checkbox"/> NO <input type="checkbox"/> UNKNOWN	3. Has there been any impact on the family caregivers' ability to provide quality care?	
<input type="checkbox"/> YES <input type="checkbox"/> NO <input type="checkbox"/> UNKNOWN	4. Does anyone involved have an underlying condition or other risk factors that make them more likely to become seriously ill or hospitalized?	
<input type="checkbox"/> YES <input type="checkbox"/> NO <input type="checkbox"/> UNKNOWN	5. Does anyone involved have other high-risk exposures (i.e. exposure from being or living with an essential worker, recent travel, etc.)?	
<input type="checkbox"/> YES <input type="checkbox"/> NO <input type="checkbox"/> UNKNOWN	6. Do you have a plan for what to do if someone gets sick?	



**What are the possible BENEFITS?**

1. What are the possible benefits for everyone involved? Consider social, emotional, mental, financial, or spiritual needs.	2. How would respite care benefit family caregivers?	3. How would respite care benefit care recipients?
4. What is the current stress level of family caregivers? (Highlight number to indicate level.)		
<div style="display: flex; justify-content: space-between;"> <span>1</span> <span>2</span> <span>3</span> <span>4</span> <span>5</span> <span>6</span> <span>7</span> <span>8</span> <span>9</span> <span>10</span> </div> <div style="display: flex; justify-content: space-between;"> <span>Little stress</span> <span>High Stress</span> </div>		

**How can risks be MINIMIZED?**

YES  NO  UNKNOWN 1. Are there policies and procedures in place related to the recommended steps to prevent the spread of COVID-19, including: vaccination, screening for symptoms, social distancing, handwashing, PPE, and enhanced cleaning and disinfecting?

YES  NO  UNKNOWN 2. Can you adapt the time, frequency, environment, or types of activities to minimize risk?

YES  NO  UNKNOWN 3. Has everyone involved been fully vaccinated?

YES  NO  UNKNOWN 4. Do you have access to PPE (i.e. gloves and face coverings)?

YES  NO  UNKNOWN 5. Do you have access to cleaning and disinfecting supplies?

YES  NO  UNKNOWN 6. Is social distancing (at least 6-feet apart) possible?

YES  NO  UNKNOWN 7. Can everyone involved tolerate wearing masks or other PPE?

**What are the possible ALTERNATIVES to respite care?**

YES  NO  UNKNOWN 1. Does the family caregiver have friends or family members who can provide short breaks?

YES  NO  UNKNOWN 2. Are there other respite options that would help reduce the risks (i.e. virtual respite, outdoor respite, in-home respite, etc.)?

YES  NO  UNKNOWN 3. Can family caregivers wait a little longer to receive respite care? If so, how long could family caregivers continue to provide quality care without respite care?

**Making the DECISION.**

YES  NO  UNKNOWN 1. Does anyone involved have additional or ongoing concerns you should talk about more?

YES  NO  UNKNOWN 2. Do the potential benefits outweigh the potential risks?

3. What is the BEST decision at this time?  Resume respite care  Not resume – continue to assess the situation

4. How will you continue to monitor the situation in order to re-evaluate your decision regularly?